# RECIPE BOOK

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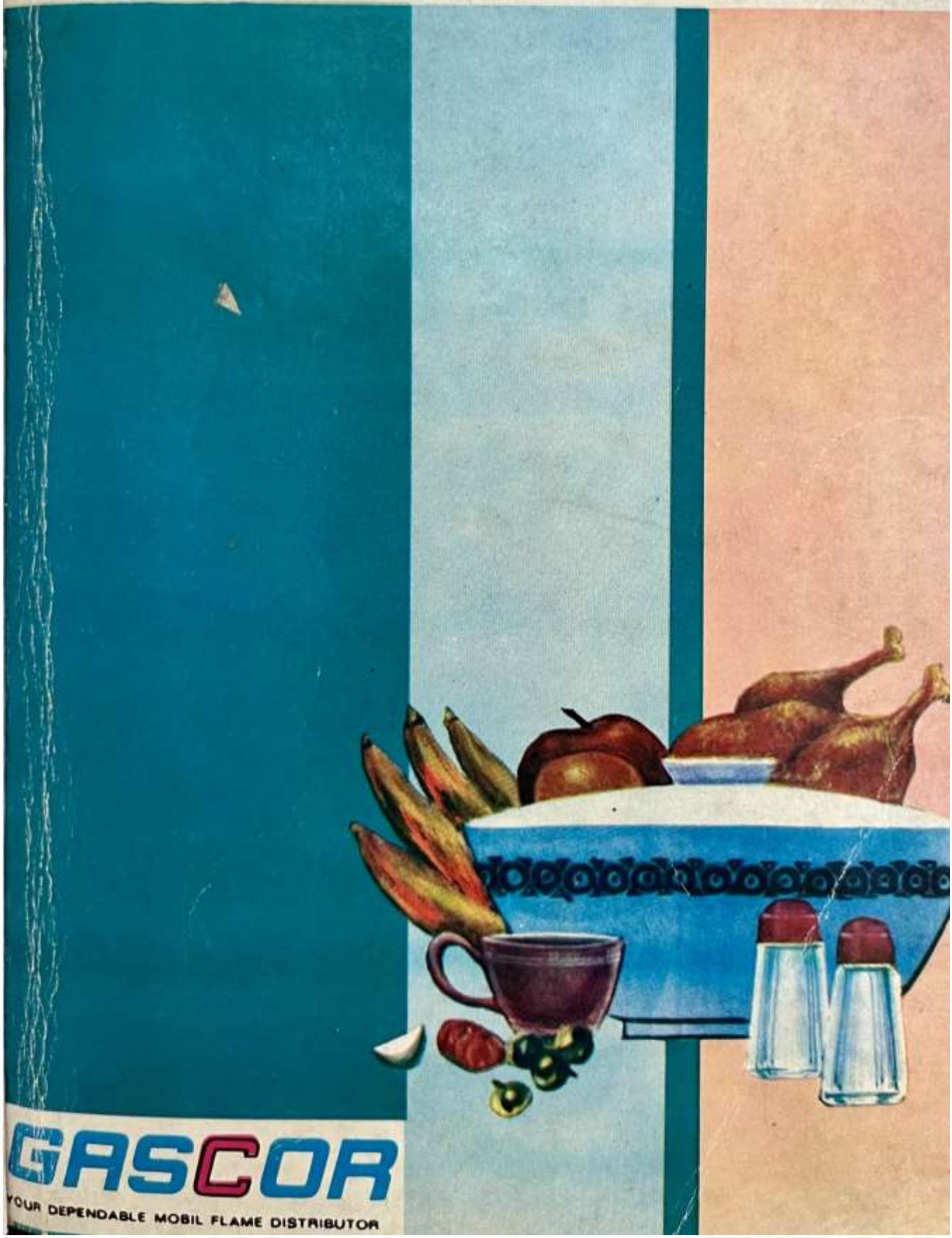

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Our slogan is our compulsion to be better than any other.

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# GASCOR RECIPE BOOK
# 1967

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37 E. DE LOS SANTOS AVENUE
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*Sociological studies conducted in recent years happily report that the family continues to be the center of a Filipino's existence. Personal values and impelling motivations center around making the family more secure, more progressive and more united.*

*Through this Recipe Book, the Gas Corporation of the Philippines hopes to make its contribution towards helping the Filipino housewife bring her family closer together through the dinner table.*

*We present in its pages recipes of traditional Philippine dishes together with the foreign imports that have caught the fancy of Filipino palates. We have, however, tried to list ingredients that are easily available at all markets and groceries, with special emphasis on locally manufactured or packaged materials.*

*One other important feature of these recipes is that they are specially well prepared in the hot and steady flame of gas stoves and ovens. They may, of course, be cooked with other fuels but most of them cook best with gas.*

*Happy cooking!*

VICTOR A. LIM
*President*

OCT 1 0 1968

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# Soups

## ASPARAGUS SOUP

**4 cups water**
**1 can asparagus**
**1 tablespoon butter**
**½ cup celery (chopped)**
**1 cup water**
**1 piece biscocho**

Boil asparagus in water 30 minutes. Press through a sieve. Put in double boiler and thicken with flour and butter. Add seasoning and before serving add the cream. Serve hot.

## CREAM OF CHICKEN SOUP

**2 tablespoons butter**
**1/4 cup onion, finely chopped**
**3 tablespoons flour**
**1 teaspoon salt**
**1/8 teaspoon pepper**
**3 cups chicken broth**
**1 cup evaporated milk**
**1/2 cup cooked chicken, diced**
**Parsley, chopped**

Saute onion in butter. Blend in flour, salt and pepper. Cook over low heat, stirring constantly, until smooth and bubbly. Stir in chicken and chicken broth. Bring to a boil. Boil 1 minute stirring occasionally. Remove from heat. Gradually stir in milk. Heat to a serving temperature. (Do not boil). Garnish with chopped parsley.

## CORNED BEEF WITH ASPARAGUS SOUP

**2 cloves garlic**
**1 onion, chopped**
**2 pieces ripe tomatoes, chopped**
**2/3 cup or 1/2 can corned beef**
**4 cups broth or water**
**6 pieces asparagus, cut into 1/2-inch pieces**
**1 1/2 teaspoons salt**

Saute garlic, onions and tomatoes in oil. Add corned beef and broth. Simmer and drop asparagus. Simmer 3 minutes more and season. Serve hot.

## VEGETABLE SOUP

**1 cup raw potatoes**
**½ cup raw carrots**
**½ cup green cabbage**
**1 medium-size onion**
**½ stalk celery**
**1 cup oatmeal**
**Salt**
**1 tablespoon butter**

Cut the raw potatoes, carrots, kale, onion and celery with the coarse blade of food grinder. Cook in about 2 quarts water, add the oatmeal and cook until tender. Then add salt to taste. Add butter and serve hot.

## FRESH CORN SOUP

- 2 tablespoons cooking oil
- 2 cloves garlic, chopped
- 1 onion, chopped
- 100 grams fresh shrimps, chopped
- 4 cups shrimp juice or water
- 1 cup young corn, grated
- 1 teaspoon salt
- 1 teaspoon food seasoning
- 2 cups young pepper leaves

Saute garlic and onions in oil. Add shrimps and shrimp juice. Combine corn and simmer until tender. Season with salt and food seasoning. Add young pepper leaves 3 minutes before removing from fire.

## ONION SOUP

- 2 tablespoons butter or margarine
- 1 teaspoon sugar
- ¼ teaspoon prepared mustard
- 2 cups onions, sliced
- 4 cups hot water
- 3 pieces boillon cubes
- 4 slices French bread
- 1 cup grated cheese

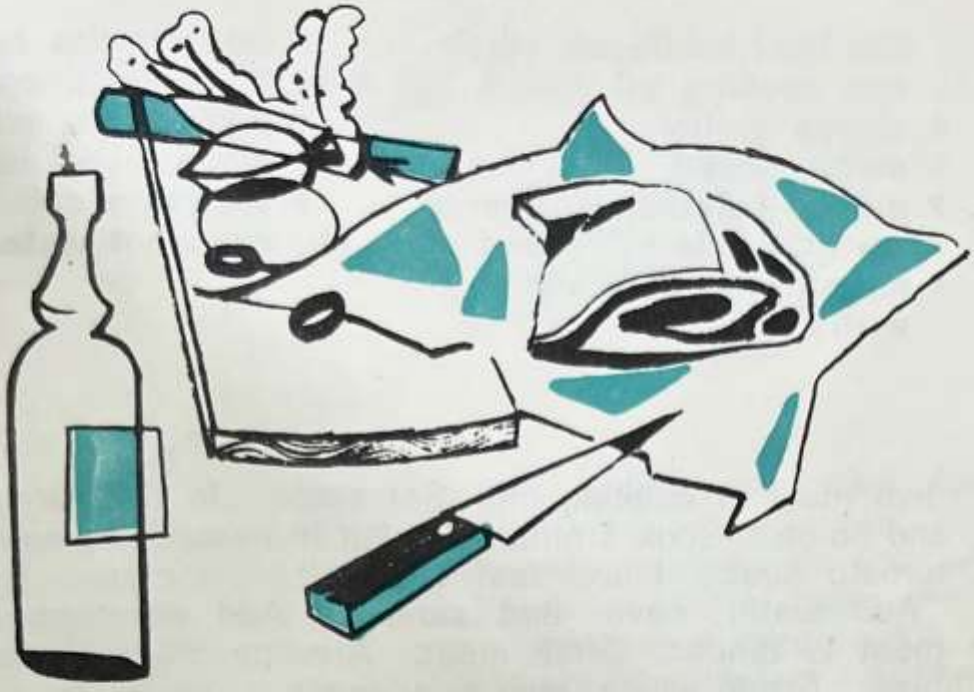
Melt butter or margarine in a saucepan. Blend in sugar and mustard. Add onions, cook over low heat, stirring constantly for about 15 minutes or until tender but not brown. Pour in water and bring to boiling point. Drop in and dissolve the bouillon cubes. Simmer, uncovered about 15 minutes. Pour into individual heat-proof serving bowls. Top with slices of bread, and sprinkle with grated cheese. Broil 2-3 minutes, or until cheese melts to a golden brown.

# CABBAGE ROLL SOUP

**1 cup cooked chicken meat**
**½ cup cooked pork**
**¾ cup apulid or water chestnuts, chopped**
**½ cup cooked ham, chopped**
**1 egg white**
**1 tablespoon cornstarch**
**1½ tablespoons onion, chopped**
**2 eggs plus 1 egg white, scrambled then cut in long thin strips**
**4 slices cooked ham, in long thin strips**
**5 cups hot chicken broth**
**14 large cabbage leaves**
**Salt and food seasoning**

Chop chicken and pork meat to a paste. Blend in water chestnuts and ham. Add egg white and cornstarch, onion, salt and food seasoning. Blend well. Parboil cabbage leaves. Remove the midrib. On each piece of cabbage leaf, spread about 2 tablespoons of mixture, arrange ham and fried egg at the center and roll. Steam for 15 minutes, then cut into 1" pieces. Arrange compactly in a cup. Pour chicken stock. Serve seasoned with salt and food seasoning.

# Beef



## SUKI-YAKI

- ¼ kilo beef round, sliced paper thin then cut into 2" squares
- 1 tablespoon soy sauce
- 1 tablespoon sugar
- 3 pieces dried mushrooms, soaked in water, cut in half
- 2 cakes, tokwa or bean curd, cut 2" squares
- 2 large onions, quartered
- 1 piece carrot, in thin rounds
- 2 stalks leeks, cut 1 inch long
- 5-6 leaves of Baguio pechay, cut into serving pieces
- 50 grams sotanghon or rice noodles soaked then cut into 3" strands
- 1½ tablespoons sugar
- 3-4 tablespoons soy sauce
- ½ cup beef stock
- ½ cup hot water with 1 bouillon cube dissolved
- 1 teaspoon food seasoning
- ¼ cup butter or margarine

Marinate beef in 1 tablespoon soy sauce and 1 tablespoon sugar. Set aside. Prepare mushrooms, tokwa, vegetables and sotanghon Combine sugar, soy sauce, stock and food seasoning. Set aside. Melt butter in a heavy skillet or suki-yaki pan. Fry mushroom. Push to one side of pan. Fry beef quickly on both sides. Set aside. Add onions and tokwa.

NOTE: The different ingredients are all simmered in one pan but they should not be mixed together. Thus, the vegetables and meat are on separate mounds.

Drop in carrot rounds, cover, let simmer 1 minute. Put in pechay and leek stalks. Cook 1 minute. Add the pechay leaves, sotanghon and stock. Simmer 2 minutes more. Serve immediately on suki-yaki pan or pour in a platter. Serve hot.

## MECHADO

**1 kilo beef kabilugan, whole**
**¼ cup cooking oil**
**4 cloves garlic**
**1 onion, sliced**
**2 pieces potatoes quartered**
**1 carrot, cut in ½" round**
**1 slice dayap or lemon with rind**
**2 tablespoons soy sauce**
**½ teaspoon peppercorn**
**1 cup tomato sauce**
**1 piece laurel leaf**
**1 teaspoon salt**
**1½ cups hot water**

Brown meat in cooking oil. Set aside. In the same oil, saute garlic and onion. Cook 5 minutes. Put in dayap, soy sauce, peppercorn, tomato sauce, laurel leaf and salt. Simmer a few minutes more. Add water, cover and simmer. Add potatoes and carrot, when meat is tender. Slice meat. Arrange on a platter with the vegetables. Strain sauce, pour over meat.

NOTE: Use cooked green beans, fried potatoes and cubed boiled carrots for garnishing.

## ROAST BEEF

**1 teaspoon salt**
**½ teaspoon pepper**
**2-3 kilos rolled or standing rib roast**

Rub meat with salt and pepper. Roast at 300°F. 25-30 minutes per ½ kilo. Serve with gravy, mashed potatoes and sweet green peas.

## MEAT LOAF DE LUXE

**1 egg beaten**
**¾ cup evaporated milk**
**1 teaspoon food seasoning**
**1½ teaspoons salt**
**1 cup soft bread, about 4 slices cut in pieces**
**½ cup onion minced**
**½ kilo pork, ground**
**½ kilo beef, ground**

Combine egg, milk, food seasoning, salt, pepper and bread. Add onion, ground pork and ground beef. Mix well. Line a loaf pan with bacon across width of the pan. Pack meat mixture into the pan Bake in moderate oven, 350°F., 1½ hours. Remove from oven. Invert meat loaf in a baking sheet, raise oven temperature to 450°F. or broil. Return meat loaf to broiler for about 10 minutes, to brown bacon. Serve with catsup or gravy.

## MORCON

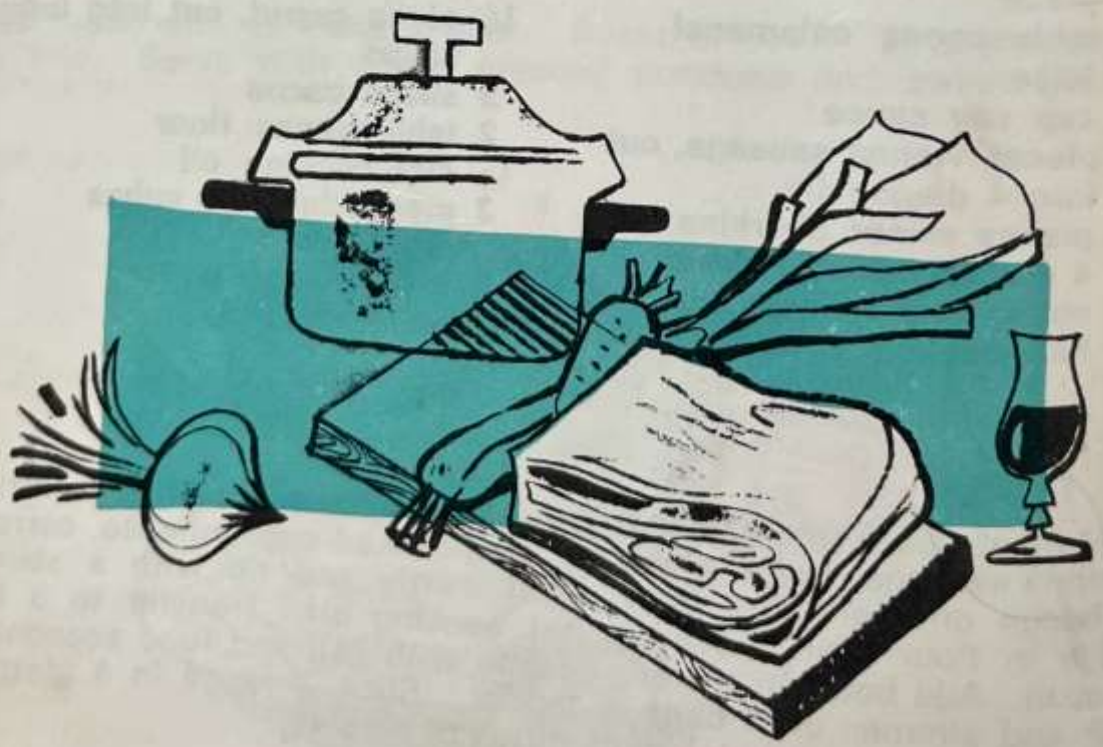
**1 kilo beef, sliced as for morcon, ¾" thick, in one piece**
**2 tablespoons calamansi juice**
**¼ cup soy sauce**
**4 pieces vienna sausage, cut into 4 diagonally**
**2 pieces sweet gherkins or 4 pieces sweet pickles, cut in thin long strips**
**2 hard-cooked eggs, sliced**
**½ teaspoon food seasoning**
**100 grams cheddar cheese, cut in strips**
**½ piece carrot, cut into long strips**
**3 slices bacon**
**2 tablespoons flour**
**¼ cup cooking oil**
**3 pieces bouillon cubes dissolved in**
**3 cups boiling water**
**¼ teaspoon salt**

Marinate beef in calamansi juice and soy sauce. Arrange strips of Vienna sausage, sweet gherkins, hard-cooked eggs, cheese, carrots and bacon on marinated beef. Roll neatly and tie with a string Dredge in flour then brown in hot cooking oil. Transfer to a big saucepan. Add bouillon water. Season with salt and food seasoning Cover and simmer until beef is tender. Slice, arrange in a platter. Pour sauce on top. Garnish with sprigs of parsley.

# COCIDO

- ½ kilo beef shank (bias)
- 1 kilo soup bones
- 1 chicken (about 500 gms.)
- ½ kilo lean pork (pigue)
- 1 teaspoon peppercorn
- 3 pieces tomatoes, quartered
- 3 stalks leeks (about 200 gms.)
- 3 onions, quartered
- 1 head, garlic, crushed
- 3 tablespoons olive oil
- 200 grams slab bacon, cut in chunks
- 3 pieces chorizo de bilbao
- 1 morcilla or Spanish blood sausage
- ¼ kilo cabbage
- ¼ kilo Baguio pechay or Chinese cabbage
- ¼ kilo string beans

Boil beef and soup bones with 1 stalk leek, 1 teaspoon peppercorn, tomato and onion. When beef is tender, remove and cut into serving pieces. Set broth aside. Boil chicken and pork separately with the same ingredients. When tender, remove and set broth aside. Prepare Spanish Tomato Sauce. Heat olive oil. Brown bacon slightly Pour Spanish Tomato Sauce, combine beef, chicken and pork broth. Let boil. Add softened meats, chorizo de bilbao and morcillas. Simmer. In another pan, cook vegetables until half done in beef and chicken broth. Add to meats, cook until done. Arrange on a platter. Serve with broth and Spanish Tomato Sauce.



## FILLET MIGNON

Marinate each tenderloin steak with:

**1 teaspoon calamansi**
**½ teaspoon soy sauce**
**½ teaspoon tenderizer**
**dash of food seasoning**
**1 sliced bacon wrapped around the steak**

Let stand 3 hours before broiling.

## T-BONE STEAK

Marinate each steak with:

**1 teaspoon calamansi**
**1 teaspoon Maggi sauce**
**½ teaspoon tenderizer**

Let stand for 3 hours before broiling

## PRESSURE-COOKED STEAK

**4 slices of steak**
**2 ounces of butter**
**1 large glass of dry white wine**
**2 large onions**
**4 carrots**
**2 soup spoons of tomato concentrate**
**1 bunch of assorted herbs**
**Salt and pepper**

Warm the butter in the pressure cooker and lightly fry the slices of meat in it. As soon as they are fried, take them out and replace them by 2 large onions and four carrots (diced). When the vegetables are well browned, put the meat back in the pressure cooker. Pour on enough white wine to cover the meat and vegetables. Add 2 spoonfuls of tomato concentrate, together with salt pepper and herbs. Close the lid. Allow to simmer for 35 minutes after the valve begins turning.

Potatoes: Open the lid and arrange the peeled potatoes around the meat; or if you prefer them steamed, put them in the pannier above the meat. Put the lid back on and cook for another 10 minutes.

## MARVELOUS BROILED STEAK

**1½ pounds sirloin steak**
**½ pound butter**
**1 teaspoon refined sugar**
**1 teaspoon Worcestershire sauce**
**⅛ teaspoon pepper**
**1 teaspoon salt**
**7 pear halves**
**6 cherry fruits**

Set oven for broiling. Broil slices of steak 2 to 3 minutes until brown. Coat with melted butter. Sprinkle each steak with mixture of sugar, Worcestershire sauce, salt and pepper. Turn and broil until done. Garnish with pear halves centered with cherry. Serve sizzling hot.

## BEEF MAHARLIKA

**1 kilo beef (boiled)**
**3 onions**
**¼ pound fresh butter**
**1 pimiento**
**1 can mushrooms**

Saute onions with fresh butter, add the mushrooms, pimiento, and sliced beef. Season with salt and pepper. Pour with sauce.

Mix all the above ingredients and cook in a double boiler by stirring until a thick sauce is formed. Set aside. Remove from fire.

## CORNED BEEF SPECIAL

**12 slices of bread with margarine or butter**
**1 large onion sliced**
**½ pound corned beef (canned)**
**6 thinly sliced dill pickles**
**Lettuce leaves**

Spread bread with butter. Place onions, dill pickles, corned beef and lettuce leaves all together.

## FRIED VEGETABLES AND BEEF

- ¼ pound fresh butter
- 1 can evaporated milk
- 3 eggyolks
- 2 ounces shredded cheddar cheese
- 2 tablespoons cornstarch
- 1 kilo beef, cut into strips
- 2 medium-size green pepper
- 2 medium-size red pepper
- 2 onions
- 4 cups bamboo shoots (labong)
- 2 teaspoons refined sugar
- ¾ cup soy sauce
- 2 teaspoons Worcestershire sauce
- Salt to taste

Marinate beef in soy sauce, sugar, and Worcestershire sauce Saute onion in fat until yellow. Add beef and cook for 3 minutes. Stir in rest of ingredients and cook for 5 minutes. Season with salt. Serve at once. Good for at least 8 servings.

## MENUDONG GOTO

- ½ kilo tripe (goto)
- 2 tablespoons cooking oil
- 2 cloves garlic, crushed
- 1 onion, chopped
- 1 chorizo de bilbao or Spanish sausage, sliced
- 1 cup tomato sauce
- 1 piece red or green pepper
- 1 cup cooked garbansos
- 2 cups broth
- 2 potatoes, cubed and fried
- Salt to taste

Clean and boil tripe in salt and water until tender. Cut into small pieces and set aside. Fry the garlic and onions in hot oil. Add the chorizo de bilbao and pour in tomato sauce. Drop in tripe, pepper, garbansos and potatoes. Simmer until sauce is of desired consistency. Boil for a few seconds. Season with salt and food seasoning.

## BACHOY

- 2 pieces pork kidney
- ¼ kilo pork liver
- 1 piece pork heart
- ¼ kilo pork lomo or tenderloin
- 2 segments garlic, chopped
- 3 tablespoons cooking oil
- 1 teaspoon food seasoning
- 1 teaspoon patis
- 1 onion, chopped
- 1 teaspoon ginger, cut finely
- 1½ cups water
- Spring onions for garnishing

Cut pork kidney, liver, heart and pork into strips. Set aside. Saute garlic in cooking oil. When golden brown add chopped onions. Cook till tender. Add pork kidney, liver heart and lean pork. Put in ginger and continue cooking for 3 minutes. Season and cook for 10 minutes. Uncover and pour in 1½ cups water. Boil until meat becomes tender. Garnish with chopped green onions.

## KARI-KARING PATA AT BUNTOT
## (Cow's Tail and Legs)

**2 cow's legs (pata)**
**1 cow's tail**
**1 bunch string beans**
**4 cloves garlic, crushed**
**½ cup atsuwete water**
**½ cup roasted rice**
**3 tablespoons lard**
**1 banana bud (puso)**
**½ cup roasted peanuts**
**1 onion cut into pieces**
**Pork fat**
**Bagoong alamang**
**Garlic**
**Salt**

Boil the legs and tail until soft. Roast the peanuts and pound in a mortar. Roast the rice and pound. Saute in lard the garlic, onions, legs, and tail. Add broth, rice flour, peanuts, the vegetables and atsuwete water. Serve it with bagoong.

Saute the bagoong alamang with garlic, and onions, and the pork cut into pieces. Serve with the "kari."

## COW'S TAIL OR LEG — MENUDONG PATA

**½ kilo oxtail or leg**
**2 sausages, sliced**
**1 piece ham, cut into cubes**
**2 tablespoons lard**
**2 tablespoons paminton powder**
**2 cups stock**
**½ can tomatoes (small size)**
**1 onion, minced**
**2 green peppers**
**1 bay leaf**
**3 cloves garlic**
**3 fresh tomatoes**
**2 cups chick-peas (garbanzos)**
**Salt and pepper**

Clean and boil the tail and legs in water and salt until tender Separate the meat from the bones. Fry the garlic, onions, tomatoes, and the sliced sausages in hot lard. Add paminton, green pepper, bay leaf and oxtail or leg stock. Add the meat and chick-peas. Simmer until sauce is of desired consistency. Season with salt and pepper.

Variation: Cow's tail or leg can be substituted with any meat, or tripe.

# Chicken & Fowl

## PATO TIM

- 1 duck dressed
- 1 tablespoon soy sauce
- ½ teaspoon ginger, in strips
- 2 tablespoons rice wine
- ¼ cup cooking oil
- 6 pieces dried mushrooms, soaked
- 5 pieces asparagus
- ¼ teaspoon ginger, in strips
- Water from 1 can of asparagus
- 2 teaspoons cornstarch dispersed in 1 tablespoon water

Soak duck overnight in soy sauce, ginger and rice wine. Brown in hot cooking oil. Make a bed of mushrooms and asparagus on a platter. Sprinkle with ginger. Nestle fried duck on bed of mushrooms and asparagus and steam for 2 hours. Debone and put back on the platter. Collect drippings, add water from asparagus. Bring to a boil, thicken with cornstarch. Pour over duck. Serve hot.

## GINGER & ONION CHICKEN

- 1 chicken cut up
- 1 teaspoon salt
- ½ teaspoon food seasoning
- ¼ teaspoon pepper super seasoning
- ¼ cup all-purpose flour
- ½ cup cooking oil
- ¼ cup ginger, minced
- ¼ cup spring onion, minced
- 2 tablespoons soy sauce
- 2 tablespoons sugar
- 2 teaspoons cornstarch

Combine salt, food seasoning and pepper. Season chicken. Dust with flour. Heat oil. Fry four or five pieces of chicken at a time until brown. Remove chicken to a casserole. Set aside. Saute ginger and spring onion. Stir in soy sauce, sugar and 2 teaspoons cornstarch dispersed in water. Bring to a boil. Pour over chicken. Add 1 cup water. Cover tightly, and simmer for 15 minutes or until chicken is done. Serve with hot rice.

## CHICKEN LIVER PATE

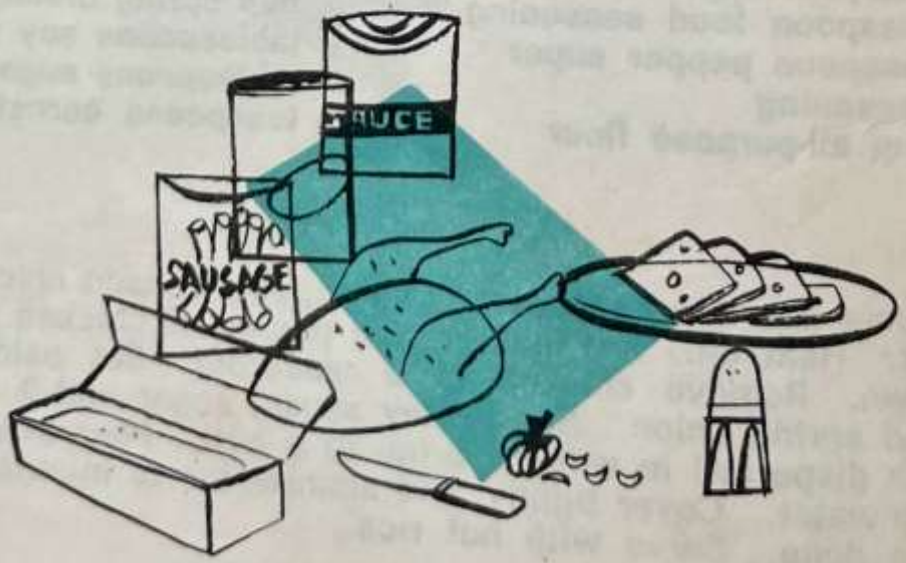
**½ pound chicken liver**
**1 teaspoon salt pinch of cayenne**
**½ cup softened butter**
**1 teaspoon dry mustard**
**⅛ teaspoon ground cloves**
**2 teaspoons finely chopped onion**
**¼ teaspoon nutmeg**
**Toast or crackers**

Bring ½ pound of chicken liver to a boil in water barely covered and simmer for 15 to 20 minutes in a covered saucepan. Drain and mash hot liver into a paste then mix in 1 teaspoon salt, a pinch of cayenne, butter, nutmeg, mustard, cloves, and onions. Blend well, pack the mixture in a crock then chill in the refrigerator. Spread on toast or crackers.

## CHICKEN CALDERETA

**1 young chicken**
**4 ounces grated cheese**
**2 onions, chopped**
**4 segments garlic, chopped**
**1 can sausage, cut into rounds**
**1 can pimiento, sliced into strips**
**2 teaspoons refined sugar**
**½ cup brandy**
**1 can tomato sauce**
**1 cup green olives**
**¼ pound butter**
**Food seasoning**

Melt butter and brown garlic onion. Add chicken. Simmer for a while, then add the tomato sauce and brandy. Cover and cook until the chicken is tender. Then add the remaining ingredients and cook for a few minutes. Serve hot.



## SOY CHICKEN

**1 dressed chicken**
**Salt pepper**
**½ cup soy sauce**
**½ cup olives**
**½ cup melted lard**
**Laurel leaf**
**1 large onion**
**2 large potatoes**
**2 cups water**
**¼ cup vinegar**
**1 cup canned mushrooms**

Fry whole chicken in deep hot lard until half-done. Put in a deep container, the chicken, whole onion, whole peeled potatoes, mushroom, melted lard, laurel leaf, salt and pepper, toyo and water. Cover and cook in a slow fire until done. Serve hot.

## FRIED CHICKEN

**1 fryer in serving pieces**
**½ cup milk**
**½ cup bread crumbs**
**½ teaspoon salt**
**⅛ teaspoon pepper**
**½ teaspoon food seasoning**
**1 cup cooking oil**

Soak chicken in milk. Measure bread crumbs, salt, pepper and food seasoning in a paper or plastic bag. Put in 3-4 pieces chicken at a time and shake. Deep fat fry. Arrange on a platter, serve with buttered string beans and mashed potatoes.

## CHICKEN CURRY

**1 chicken, medium-size**
**3 tablespoons flour**
**½ teaspoon salt**
**⅛ teaspoon pepper**
**2-3 teaspoons cooking oil or lard**
**¼ cup chopped onion**
**1 tablespoon flour**
**2 teaspoon sugar**
**1 teaspoon curry powder**
**1 cup water**
**1 tablet chicken bouillon, crushed**
**6 tomatoes, medium-size, skinned**
**Salt to taste**
**Pepper to taste**
**½ cup evaporated milk**

Combine flour, salt, and pepper. Cut chicken into serving pieces and dust with flour-salt-pepper combination. Brown chicken quickly in oil. Set aside.

Cook onions in oil where chicken was browned. Combine flour, sugar, and curry powder. Add a little water and stir until flour dissolves. Add remainder of one cup water and clear chicken bouillon. Simmer. Add cooked onions. Bring to a boil, then add tomatoes and browned chicken. Simmer until chicken is tender, stirring once in a while. Add salt and pepper. Pour in evaporated milk. Cook over low heat for 3-5 minutes more. Serve with rice.

## ORANGE KISSED CHICKEN

**1 young chicken**
**1 big onion, sliced**
**1 cup green peas frozen**
**1 teaspoon Worstershire sauce**
**1 fresh orange, sliced**
**Oil for frying**
**1 teaspoon refined sugar**
**¼ cup water**
**½ cup tomato sauce**
**¼ cup soy sauce**
**¼ cup pimiento, sliced**
**Salt to taste**

Clean the chicken, cut into serving pieces. Simmer chicken in soy sauce and water. When liquid has evaporated, add the lard and brown the chicken. Add tomato sauce, onion, pimiento and peas. Put Worstershire sauce, and sugar. Season with salt. Serve with sliced fresh orange.

## ADOBONG MANOK

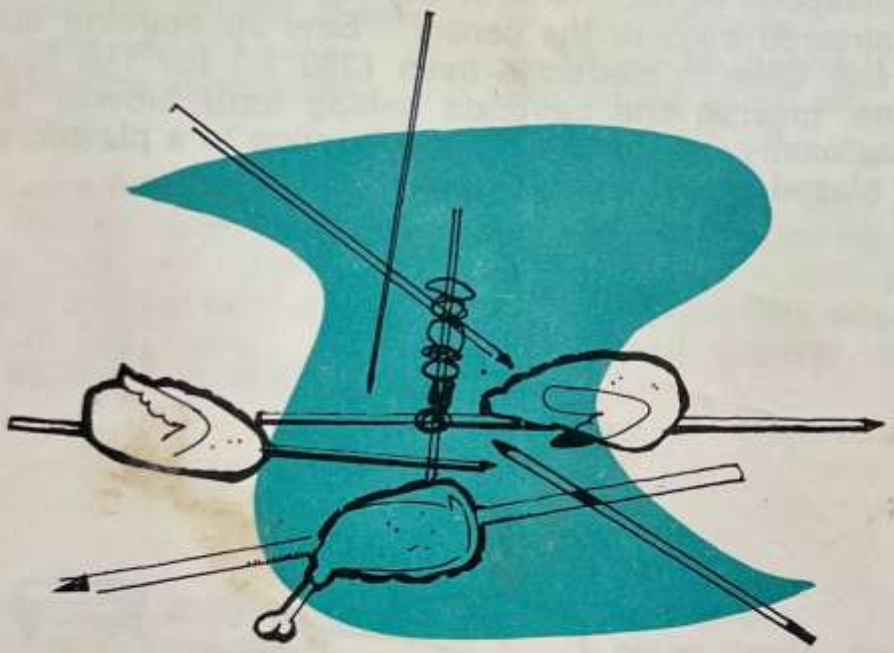
**1 chicken**
**4 cloves garlic (minced)**
**2 laurel leaves**
**Salt**
**⅓ cup native vinegar**
**½ cup lard**
**1 cup water**

Cut chicken into desired pieces. Put into a casserole with water, vinegar, laurel leaves, and salt to taste. Bring to boiling point, then lower heat to simmer chicken until tender. Put in vegetable fat and let meat fry or brown slightly. Serve hot.

## BARBECUED CHICKEN

**2 spring chickens**
**½ cup cider vinegar**
**1 teaspoon Worcestershire sauce**
**½ teaspoon salt**
**¼ teaspoon garlic salt**
**½ teaspoon salt**
**½ teaspoon pepper**
**Dash of paprika**
**¼ cup melted fat**

Have chickens split down the back. Clean thoroughly. Brush with melted fat, and place on heated broiling rack, skin side down. Replace rack about 5 inches from heat, broil about 15 minutes, turn, brush with fat and broil on other side. Turn again having skin sideup. Allow 45-60 minutes for broiling chickens. Combine remaining ingredients to make sauce and baste chicken while broiling.



## CHICKEN TINOLA

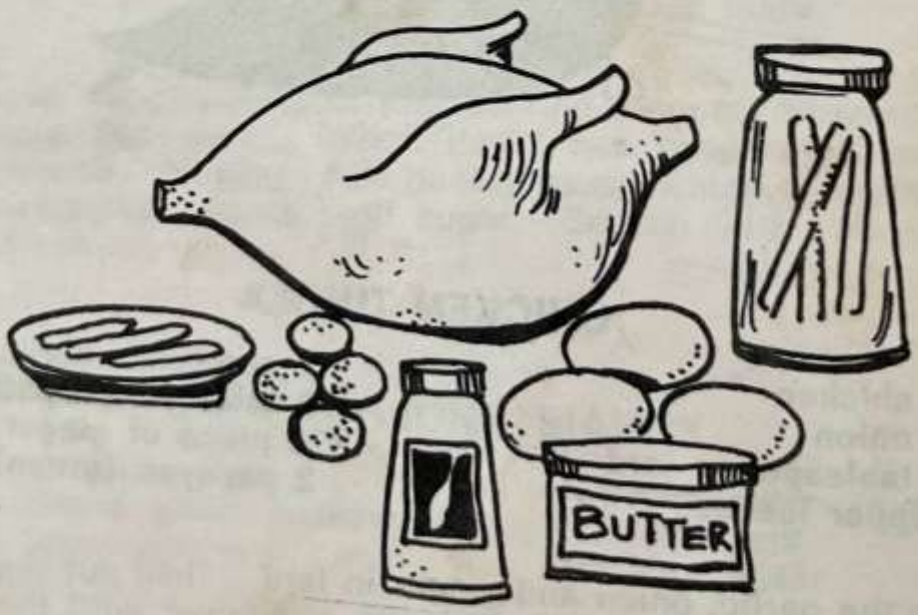
**1 chicken**
**1 onion**
**2 tablespoons lard**
**Pepper leaves**
**2 segments garlic**
**3 tablespoons patis**
**A piece of ginger**
**2 papayas (green)**

Saute the garlic, onion and ginger in lard. Then put the chicken already cut into pieces. Add the patis and cover until the chicken is tender. Then add 4 cups of water. Add the papaya. Let it boil, then add young pepper leaves. Serve with patis and calamansi.

# STUFFED CHICKEN

- 1 large chicken
- 3 tablespoons soy sauce
- 2 tablespoons calamansi or lemon juice
- ½ kilo ground pork
- ¼ kilo cooked ham, chopped finely
- 4 pieces Vienna sausage, chopped finely
- ½ cup sweet pickle relish
- 3 eggs
- ½ cup grated cheese
- 10 pieces green olives, pitted then chopped
- ½ cup raisins
- 1-2 tablespoons tomato catsup
- Salt and pepper to taste
- 1 teaspoon food seasoning
- 2 hard-cooked eggs, quartered
- ¼ cup butter

Debone chicken for stuffing. Marinate in soy sauce and calamansi juice. Set aside. Mix thoroughly next 11 ingredients. Fry about a tablespoon of the mixture. Collect seasonings. Stuff chicken arrange quartered eggs in the center. Sew up opening and wrap in aluminum foil. Bake in moderate oven (350°F.) for 1½ hours. When almost done, unwrap and continue baking until brown. Baste with butter occasionally. Cool and slice. Arrange in a platter, serve with gravy and glazed sweet camotes.



## RUMAKI

- 1 pound fresh chicken liver
- 1 teaspoon salt
- 1 teaspoon grated fresh ginger or
- ¼ teaspoon powdered ginger
- 1 teaspoon soy sauce
- 1 cup drained water chestnuts
- 16 slices bacon
- 1 cup salad oil

Cut livers into small bite-sized pieces and season with salt, ginger and soy sauce. Cut water chestnuts and bacon in halves. Wrap one piece liver and chestnut in bacon and secure with pick. Heat oil in skillet and fry until golden brown. (Rumaki may also be broiled or baked in hot oven). Serve hot with fruit chutney, chili sauce. Chinese Mustard or Hot Shoyu Sauce.

## CHICKEN A LA KIEV

- ½ teaspoon pepper
- ½ teaspoon rosemary
- 2 tablespoons Worcestershire sauce
- 1 egg
- ½ cup cream
- Flour and cracker crumbs
- 8 chicken breasts
- ½ cup butter
- 1 clove garlic, crushed
- 2 tablespoons chopped chives
- 2 tablespoons chopped parsley
- 1½ teaspoons salt

Skin and bone the chicken breasts and separate into 2 fillets each. Place each between 2 sheets of waxed paper and flatten with cleaver or meat pounder. Cream the butter with garlic, chives, parsley, ½ teaspoon salt, ¼ teaspoon pepper, rosemary and Worcestershire sauce until smooth. Chill or freeze until firm. Sprinkle each fillet with a little salt and pepper. Place 1 tablespoon cold prepared butter on each fillet. Tuck in ends and roll tight. Secure with toothpicks. Beat the egg and cream. Roll fillets in flour, then in eggcream mixture and then cracker crumbs. Fry in deep fat 360°F., until goldren. Do not prick with fork while frying. Garnish with mashed potatoes, parsley and flower-like pimientos.

## CHINESE CHICKEN WITH PEAS

**2 tablespoons cooking oil**
**½ cup blanched almonds or cashew**
**Cooking rice or noodles**
**1 raw chicken boned and cut into 1" pieces**
**¾ cup green peas**
**1 bunch green onion or ¼ cup, chopped**
**1 teaspoon soy sauce**
**1 tablet Maggi Clear Chicken Bouillon**
**½ teaspoon salt or to taste**
**Dash or two of pepper**
**1 cup water**
**1½ tablespoons flour**

Heat oil in skillet and fry almonds or cashew until nicely browned. Set aside.

In the same oil, fry chicken pieces and onions. Crush Maggi Clear Chicken Bouillon and add to the water. Mix the flour and a little chicken stock together to dissolve the flour. Add remaining stock. Mix into skillet. Add salt, pepper, soy sauce and green peas Bring to boil then continue cooking over low heat until thick. Add almonds. Serve over rice or noodles. Garnish with red pepper and green onions.

## CHICKEN WINGS VELA

**12 pieces chicken wings cut into 1½ inches long**
**2 cloves garlic, chopped fine**
**¼ cup soy sauce**
**1 teaspoon Tabasco**

Mix together chopped garlic, soy sauce, water and tabasco. Marinate chicken wings with the mixture and let stand for an hour then coat well with flour. Immerse in beaten egg, drain gently. Cover with bread crumbs. Then deep fry till golden brown. Serve with Mai Kai sauce or other standard cocktail sauces.

## PEPITORIA

**½ cup pork's blood, or blood of one chicken, strained**
**1 tablespoon vinegar**
**1 live chicken**
**1 head garlic, chopped**
**½ cup onion, chopped**
**1 cup tomatoes, chopped**
**1 cup thick coconut milk or water (as desired)**
**1 teaspoon salt**
**1 teaspoon food seasoning**

Collect chicken blood in container with vinegar to prevent coagulation. Set aside. Dress and clean chicken. Cut into serving pieces and set aside. Heat cooking oil in pan. Saute garlic and onions. Add tomatoes Add chicken meat, cover and simmer till done. Uncover, pour in chicken blood mixture or pork blood, stirring constantly so blood will not curdle. When blood is cooked, stir in the thick coconut milk. Boil for a few seconds. Season with salt and food seasoning.

## ROAST CHICKEN

**1 roasting chicken dressed**
**⅓ cup soy sauce**
**1 tablespoon calamansi or lemon juice**
**Butter or margarine**

Marinate chicken in soy sauce and calamansi juice. Let stand 30 minutes. Remove chicken from marinade, stuff. Sew openings. Tuck neck by pushing in over skin. Truss wings at the side with a piece of string. Brush with margarine and wrap in aluminum foil. Bake at 325°F for 1 hour. Unwrap and continue baking until chicken is golden brown. Baste occasionally with margarine. Serve with gravy.

# TURKEY

## Stuffed Turkey a la Catalana

**1 turkey**

**For stuffing:**
**8 sausages**
**¼ kilo lean ham**
**½ kilo chestnuts**
**¼ kilo prunes**
**2 truffles**
**½ cup wine**
**Salt and pepper**
**Bay leaf**

Clean the turkey, salt, marinate with white wine, pepper and lemon juice. Let stand for 2 hours. Melt some lard in a frying pan and put in the ham and the turkey liver, cut in small pieces, and brown. Add the sausages, which are cut in small pieces, and all the other ingredients, chopped, with the exception of the truffles, which are added at the last moment. Moisten with the wine and mix well, seasoning with salt and pepper. When partially cooked, remove from the fire, add the sliced truffles, cut the herb bouquet. Stuff the turkey with the mixture and a little butter and roast in the oven, basting frequently and adding a few tablespoonfuls of stock and wine. A little of this sauce is strained over the turkey in a kettle with the oil, white wine, 2 onions, bay leaf, pepper, salt and enough water to cover the turkey. Cook for 3 hours, removing the turkey once in a while. When turkey is tender, fry in hot lard until tender.

## ROAST TURKEY

Dress the turkey, stuff and truss. Place the turkey breast up, on rack of a shallow pan. Brush with melted, unsalted fat and cover with a cloth dipped into melted, unsalted fat, being sure that breast, wings and legs are well-covered; or cover with a layer of body fat, then with clean cloth. Roast uncovered in a slow oven until tender. Allow 25 minutes per round for birds under 12 pounds or 20 minutes per pound for larger birds. Baste several times with melted fat, fruit juice, white wine, sugar in water, or drippings in pan. Season when halfdone. The cloth may be removed during last half-hour for additional browning. Serve with Giblet Gravy.

Giblet Gravy:

**Giblets and neck of fowl**
**2 tablespoons chicken fat**
**2 tablespoons flour**
**Salt and pepper**

Place the giblets (liver, heart and gizzard) and the neck in a saucepan and cover them with cold water. Simmer slowly and when they are tender remove the flesh from the neck and chop it fine with giblets. Save the stock in which the giblets and neck were cooked. Heat the fat in a small saucepan. When hot, stir in the flour. Cook for two minutes, then add one cup of the stock pouring it in gradually so that it will not thin the gravy too much. If the gravy seems too thick, add a little hot water. Lastly, put in the chopped giblets and season to taste with salt, pepper and food seasoning.

## FRIED PIGEON

**⅓ cup soy sauce**
**1 cup water**
**2 tablespoons rice water**
**1 tablespoon sugar**
**2 bay leaves**
**2 pigeons or squabs, dressed**
**1 tablespoon honey or corn syrup**
**Cooking oil for deep fat frying**
**¼ lemon, sliced**
**Pepper-Salt**

Combine first 5 ingredients together. Bring to a boil. Cook the pigeons in the above mixture for 15 minutes. Turn occasionally. Remove and cool. Rub with honey, let stand 15 minutes. Put pigeon in a strainer or frying basket. Lower basket carefully in extremely hot oil, spoon oil over. Fry 1-2 minutes. Chop pigeons to serving pieces and arrange on a platter. Garnish with lemon slices. Serve with Pepper-Salt.

## GRAVY

**Chicken liver, gizzard and heart**
**¾ cup pan drippings**
**3 tablespoons flour**
**2 cups broth**
**Salt**
**¼ teaspoon pepper**
**1 teaspoon food seasoning**

Boil chicken giblets in 2½ cups water. Reduce to 2 cups. Chop giblets, set aside. Heat pan drippings, blend in flour and brown slightly. Add chopped giblets, pour in broth stirring constantly Cook until thick. Taste and correct seasoning. Serve with Stuffed Chicken.

## PIGEONS IN CABBAGE

**3 pigeons**
**½ pound bacon**
**1 cup stock**
**½ cup turnips**
**6 pieces of bacon**
**4 sausages**
**1 cabbage**
**¼ pound fat pork**
**½ cup carrots**
**½ cup small onions**
**½ cup brown sauce**
**2 tablespoons salt**

Blanch half of the cabbage and cut it up into two parts. Remove the core, and braise these with half a pound of bacon. Place some melted fat of pork in a saucepan and fry the pigeons in it. When cooked, arrange them over the cabbage and garnish the spaces between the pigeons with turnips and carrots each blanched separately, and small onions browned in a pan. Season and then transfer the sauce-pan into a moderate oven. Finish cooking the pigeons and vegetables very slowly.

Untruss the birds and dress them over with braised cabbage laid in the center of the dish. Between the pigeons place a cluster of onions, turnips and carrots separating each one of these by a thick slice of fried bacon standing upright. Increase the quantity of pigeon stock with a little clear gravy; strain this and pour part over the pigeons; cut the sausages in slices and dress them around the pigeons one overlapping the other. Serve the rest of the sauce separately.

## PIGEONS WITH CRABS

**6 pigeons**
**6 crabs**
**⅓ cup butter**
**¼ cup white wine**
**½ cup diced onions**
**1 tablespoon celery**
**2 eggs**
**1 cup water**
**2 tablespoons cornstarch**
**Salt and pepper**

Clean the pigeons and salt them. Lay them aside for 1 hour. Meanwhile, prepare the stuffing. Cook the crabs. When cool, separate the meat. Saute the meat in lard and onions, pepper and salt to taste. Add the whole eggs. With this mixture, stuff the pigeon. In a saucepan place the pigeon with butter, diced onions, white wine, water, salt and pepper to taste. Cook until pigeons are tender. To thicken the sauce add cornstarch diluted with water, then add the celery.

## PIGEONS EN CASSEROLE

**3 pigeon or squabs**
**3 tablespoons butter or other fat**
**Bacon**
**Flour**
**1 onion**
**Veal broth or white stock**
**Vegetables, if desired**

Clean and wash young pigeons and tie a strip of bacon around each one, or cut the breasts if preferred. Place the butter or other fat in a casserole, slice a mild onion over the fat, then arrange the pigeons over the onions. Add enough veal broth or white stock to half-cover the pigeons and set in the oven to cook until tender. When nearly done, vegetables may be added. At serving time thicken the liquid in the casserole by stirring into it flour mixed smoothly in a little water, allowing 1 tablespoon of flour for each cup of liquid.

## FRIED SQUABS WITH SAUCE

**4 squabs**
**3 tablespoons flour**
**½ cup onion, chopped**
**2 tablespoons parsley, chopped**
**1 tablespoon salt**
**¼ tablespoon pepper**
**⅓ cup butter**

Dress and clean the squabs; salt and soak in a solution of calamansi, white wine, and pepper. Fry in deep fat.

Melt butter. Add the chopped onions and chopped liver. Season with salt and pepper; then mix the flour diluted with water. When done, pour over the fried squabs.

## DUCK MONTANESA

**1 duck**
**1 cup stock**
**2 tomatoes**
**¼ cup pickled onions**
**1 tablespoon flour**
**1 onion**
**1 tablespoon paprika**
**½ cup sherry**
**½ cup mushrooms**
**2 cups small potatoes**
**Salt**

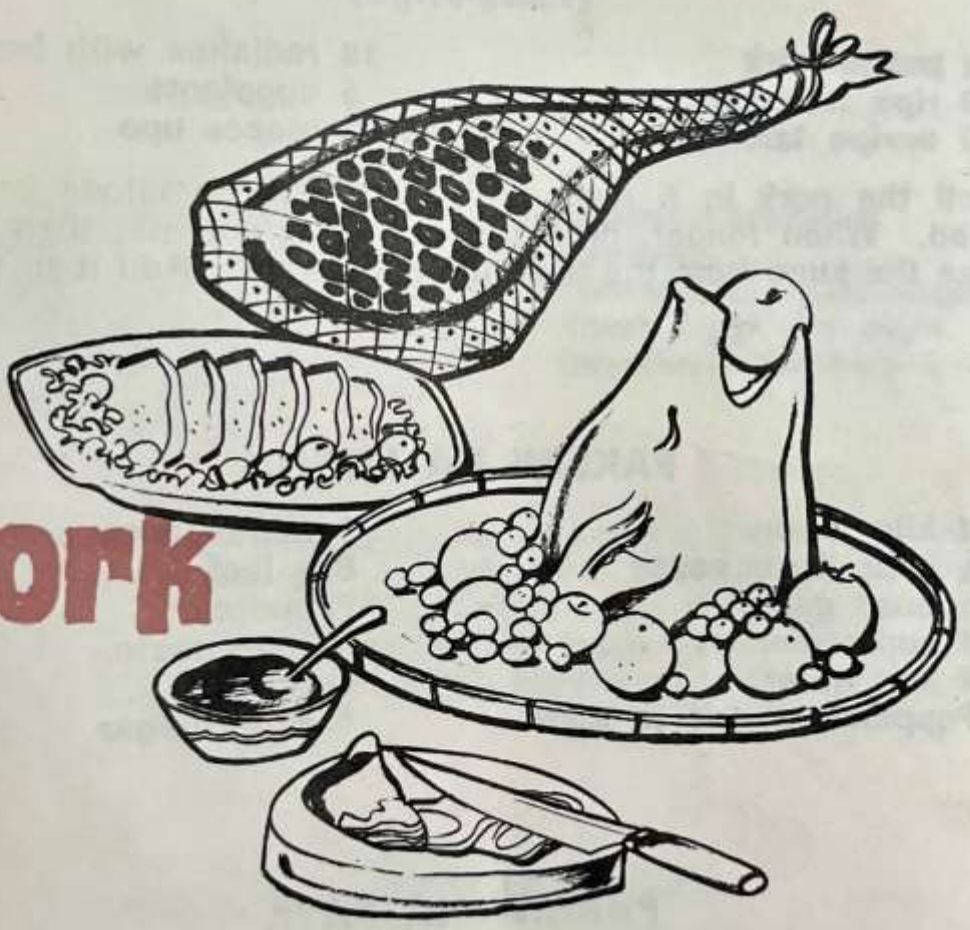
Joint the duck and cook in a casserole with hot oil till evenly brown. Add the chopped onion, and, when golden brown, sprinkle with a little flour and mix thoroughly. Then add the sliced tomatoes, the sherry, and the stock, and season with paprika and salt. Simmer gently for 1 hour till the duck is tender. To serve, place the pieces of duck on a hot dish, strain the sauce over them, and garnish with the mushrooms and onions, previously cooked in oil or butter, and the small potatoes.

## ROAST DUCK

**1 duck**
**2 tablespoons parsley**
**1 lemon**
**¼ cup onion**
**2 eggs**
**¼ kilo fat pork**

Singe and dress a nice fat duck, chop up the liver with the fresh fat pork. Season and mix in a small finely chopped onion, some chopped parsley and egg yolk. With this dressing stuff the duck's stomach cavity; truss for roasting and cook either in an open pit or in the oven for 1 hour or more, according to its size. Baste over several times with butter and salt. When cooked, take it off from the pit; untruss and dress it on a dish, garnishing around with slices of lemon. Prepare at the same time a sauce-boat of good gravy taken from he dripping pan, adding a little good stock to it. This duck may be served plain, without dressing if desired.

# Pork



## KILAWIN

½ pig's head, boiled soft and cut into bite-sized pieces
3 pieces tokwa or soy bean curd, in squares and fried
1 head garlic, finely minced
1 big onion, finely sliced
½ teaspoon ground black pepper or whole peppercorn, pounded
1 cup native vinegar
1 tablespoon soy sauce
Salt to taste

Mix above ingredients together. This may be a complimentary dish to the Pancit Luglog or served separately.

## PORK SINIGANG (Pampango)

1 pound pork
3 ripe tomatoes
2 unripe tamarind
10 radishes with leaves
5 eggplants
2 pieces upo

Boil the pork in 6 cups of water, with tomatoes and unripe tamarind. When tender, drop the other ingredients, then add salt. Squeeze the juice from the tamarind and strain. Add it to the broth.

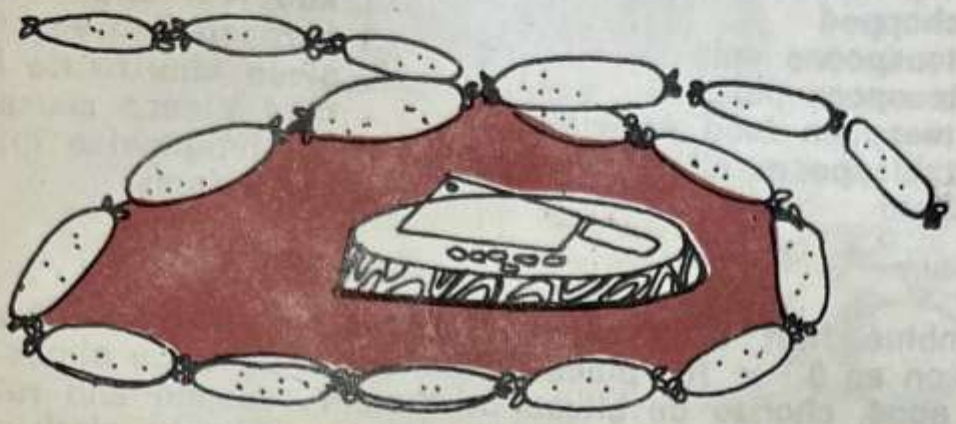
## PAKSIW NA LITSON

1 kilo litson
1½ cups litson sauce
1 head garlic
1 cup water
1 cup water
Peppercorn, salt to taste
6 tablespoons sugar
Bay leaf
Peppercorn
Salt to taste
Oregano
1 cup vinegar

## PAKSIW NA PATA (Leg of Pork)

1 pata (pork's leg)
½ cup vinegar
1 head garlic
½ cup dried banana blossom
1 tablespoon sugar
Enough water to cover the ingredients
Salt, soy sauce and pepper
Laurel, oregano

Soak the banana blossom and remove the hard tips. Clean the pata well add water and vinegar to cover the rest of the ingredients. Boil then reduce the heat and allow to simmer until very tender.



## LONGANIZA

- ½ kilo pork meat with fat, ground
- 1 tablespoon pepper
- ¼ cup vinegar
- ½ head garlic, minced
- 1 teaspoon paprika
- ⅛ teaspoon saltpeter (salitre)
- 1 tablespoon brown sugar
- 1 dozen large dry pig's intestines (casing)

Mix first 8 ingredients thoroughly. Let stand 1-2 hours. Using funnel, fill sausage casing with pork mixture. Tie at 6 inches intervals and dry in the sun. Keep refrigerated. To cook: Boil sausages in enough water to cover until water has evaporated. Prick several times with a fork. Put in 2 tablespoons cooking oil. Fry until done.

## DINUGUAN WITH TAMARIND

- ¼ kilo fat and lean pork
- ¼ kilo liver and lung
- ¼ intestine
- 2 tomatoes
- 1 cup blood
- 1 onion
- 1 cup green tamarind leaves

Slice the meat, liver, lung and intestine. Saute the garlic, onion, tomatoes, meat, liver, and boil till tender; then add the tamarind leaves and salt. Cook till dry, then add the blood with little water. Stir and boil for several minutes till done.

## EMBUTIDO

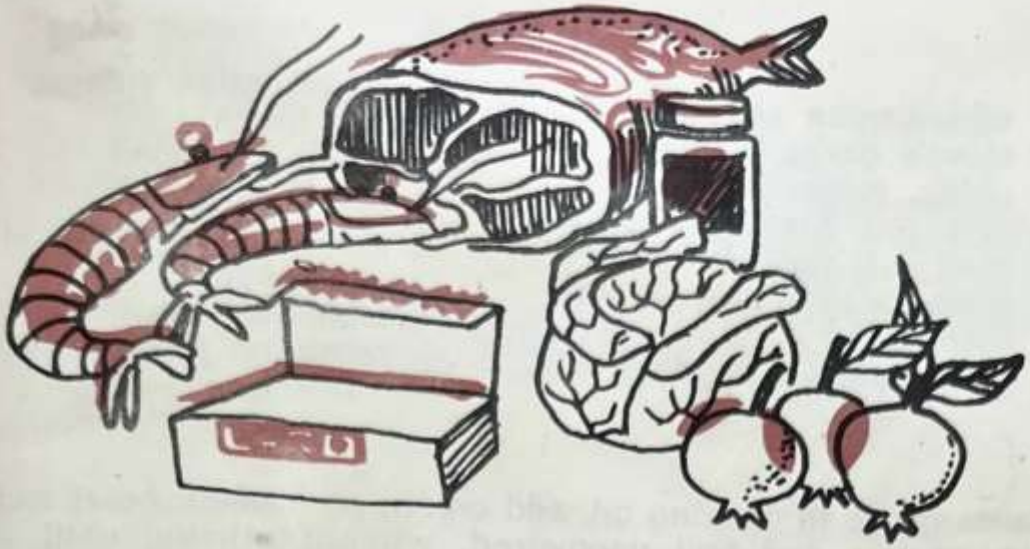
½ kilo lean pork, ground
½ cup Vienna sausage, chopped
1½ teaspoons salt
⅛ teaspoon pepper
1 teaspoon food seasoning
2 tablespoons all-purpose flour
¼ cup sweet relish
2 eggs
¼ kilo leaf lard
1 hard cooked egg, sliced
1 piece chorizo de bilbao or 4 Vienna sausages cut lengthwise into 4
¼ cup raisins

Combine first 8 ingredients, Blend thoroughly. Spread pork mixture on an 8" × 10" piece of leaf lard. Arrange slices of hard cooked eggs, chorizo de bilbao or Vienna sausage and raisins on pork mixture. Roll as for jelly roll. Wrap in cheese cloth or aluminum foil. Boil in soup stock for 1 hour or if wrapped in aluminum foil, bake in a moderate oven (350°F.) for 1 hour. Chill. Before serving remove wrappings and slice.

## PAKSIW NA PATA

1 large pata or pig's feet
½ cup vinegar
½ cup water
½ head garlic, crushed
½ cup brown sugar
½ cup dried banana blossoms, soaked in water
1 laurel or bay leaf
¼ cup soy sauce
4 saba bananas, fried

Clean pata and boil in vinegar, water and garlic. Lower heat, simmer until pig's feet is tender. Add more water as needed. Put in remaining ingredients, simmer 5 minutes more. Serve hot.



## PORK SINIGANG WITH GUAVAS
### (Ilocano)

**10 shrimps**
**1 carrot**
**½ cup cabbage**
**½ cup cauliflower**
**½ teaspoon salt**
**2 tablespoons soy sauce**
**1 cup chicken meat**
**½ cup lard**
**2 tablespoons flour**
**¼ kilo pork**
**1 big crab (cooked)**
**1 onion**
**2 potatoes**
**¼ kilo liver**

Slice the pork and liver. Peel the shrimps and divide into halves. Shell the crab and get the meat. Slice the carrot, onion, potato, cauliflower, cabbage and mushroom. Saute the garlic, onion, potato, meat, liver, shrimp, chicken meat, and crab meat. Then add the carrot, cauliflower, cabbage and mushrooms. Add soy sauce, and cover and cook in little water. Dissolve 2 tablespoons flour and add to thicken the sauce. Serve.

## BAKED SPARERIBS IN HONEY SAUCE

**1 kilo spareribs cut into serving pieces**
**1 onion, quartered**
**¼ cup soy sauce**
**¼ teaspoon pepper**
**½ teaspoon salt**

Combine ingredients together in a sauce pan. Boil 2 hours or until spareribs are tender. Drain. Arrange spareribs in a baking pan, set aside. Prepare sauce.

Honey sauce: Blend 1 tablespoon ginger juice, ½ cup honey, 2 tablespoons brown sugar, 1 teaspoon salt, 2 tablespoons soy sauce, 1 minced onion, 1 tablespoon Worcestershire sauce. Pour over spareribs. Bake at 400°F for 3 minutes.

## DINUGUAN

- 2 tablespoons cooking oil
- 3 cloves garlic, minced
- 1 onion, minced
- ½ kilo pork head, boiled until soft then diced
- 1 piece pork heart, boiled then diced
- 100 grams pork liver, diced
- ½-¾ cup native vinegar
- 2 cups broth
- 1½ cups pork blood
- 1 cup beef blood
- 4 pieces long green sili (hot pepper)
- 1 tablespoon salt
- ½ teaspoon food seasoning

Saute garlic in cooking oil, add onion, pork head, heart and liver. Pour in vinegar and boil uncovered, without stirring until vinegar has evaporated. Add broth, cover and simmer for 15 minutes. Strain pork blood. Set aside. Cut beef blood into small pieces. Pour in pork and beef blood stirring continuously until thick. Drop sili. Simmer 5 minutes more. Season with salt and food seasoning.

## HOME-MADE HAM

- 1 kilo pigue or pork ham, whole
- 3 tablespoons salt
- 3 tablespoons sugar
- 1 teaspoon saltpeter (salitre)

Combine salt, sugar and saltpeter. Spread one-half of curing mixture all over fresh pork. Store in refrigerator in a covered container. The next day spread the other half of the curing mixture on the meat. Allow to stand in the refrigerator for one week. Remove rind and tie to make a nicely shaped ham.

## PORK ASADO
## (Chinese style)

- ¾ cup hot stock or water
- ⅓ cup soy sauce
- ⅓ cup brown sugar
- 2 tablespoons white wine
- 1 teaspoon salt
- ½ teaspoon food seasoning
- 2 cloves garlic, crushed
- 1 kilo pork pigue, whole

In a 2-quart saucepan, combine first 7 ingredients. Put in pork. Cover the pan, then bring to a boil. Lower heat and simmer until meat is tender. Slice meat. Serve hot with sauce.

## PORK ESTOFADO

- ¼ cup cooking oil
- 3 cloves garlic
- ½ kilo lean pork, cut in serving pieces
- ½ cup vinegar
- ¼ cup soy sauce
- ½ cup sugar
- ½ cup water
- 8 peppercorns
- 1 carrot, cut into strips
- 2 pieces saba bananas, sliced diagonally about an inch thick, then fried
- 2 pieces pan de sal or french bread, cut in squares and fried
- 1 bay leaf

Brown garlic in hot oil. Drop pork pieces, fry until brown. Add vinegar, soy sauce, sugar, water, bay leaf and peppercorns. Allow to boil without stirring. Lower flame and cook until pork is almost done. Add carrots and continue cooking till pork is tender. Before serving, add fried bananas and pan de sal or French bread.

## PORK AND BEEF SINIGANG

1 tablespoon lard
2 cloves garlic, crushed
1 onion
2 medium-size tomatoes
10 pieces camias
1 tablespoon patis
½ kilo beef (sisigangin) cut into serving pieces
6 pieces native gabi
6 cups rice water
3 cups kangkong leaves and tender stalks
5 pieces long pepper
1½ teaspoons salt
1 teaspoon food seasoning
½ kilo pork sisigangin, cut in serving pieces

Saute garlic in hot lard until golden brown. Add onions and cook until they become transparent. Put in the tomatoes and camias. When soft, crush them and add the patis. Drop the beef and cook, covered for 5 minutes. Add the pork, cook 5 minutes more, turning occasionally. Pour in rice water and cover tightly. Let boil. When boiling, reduce the heat and simmer until pork and beef became tender. Add the gabi. When tender, drop the kangkong and sili. Season with salt and food seasoning. Serve hot.

## MARINATED PIG'S KNUCKLES

2 cloves garlic
1 onion, sliced
2 pieces pig's knuckles
Salt
Pepper corn

Boil the pig's knuckles with the above ingredients until tender Remove bone and cut into strips. Marinate with the following mixture; 1 cup vinegar (white vinegar); 2 tablespoons soy sauce; 1 sliced onion; salt and black pepper. Garnish with green onions before serving.

## HUMBA

1 kilo pork
2 pieces tahuri
3 tablespoons soy sauce
1 bay leaf
Black pepper
¼ cup refined sugar
¼ cup vinegar
Oregano
Salt to taste

Slice the pork into small pieces. Boil small amount of water with vinegar, bay leaf, sugar, salt and black pepper. When the meat is tender, mash the tahuri. Dissolve in water to the thickness desired, then add to meat. Let it boil for 10 minutes. Serve hot.

# Fish and Seafoods

## LAPU-LAPU WITH TAUSI

**Fillet of Lapu Lapu or any white meat fish**

**½ cup yellow tausi (yellow fermented soy beans)**

**1 teaspoon fresh ginger, chopped**

**4 pieces tokwa or soy bean curd, in ½" cubes**

**½ cup taingang daga or black wood ear, soaked in water**

**3 onions, sliced**

**3 tomatoes, sliced**

**½ cup all purpose flour**

**3 cloves garlic, crushed**

**2 tablespoons soy sauce**

**cooking oil for frying**

**2 tablespoons cornstarch dispersed in**

**1 tablespoon water**

Cut fish fillet into serving pieces. Roll in flour then fry till half done. Set aside. Fry tokwa. Set aside. Saute garlic, ginger, onions and tomatoes. Add ½ tausi, 1 cup water, taingang daga and cook for one minute. Drop in half fried fish and tokwa. Add the rest of the tausi and 2 tablespoons of soy sauce. Thicken with corn starch dispersed in water. Cook until done.

## FISH FARE

**1 fish**

**2 onions, sliced**

**½ head garlic, sliced thin**

**2 sweet red peppers, cut into strips**

**1 carrot cut into strips**

**3 tablespoons refined sugar**

**1 cup water**

**2 teaspoons food seasoning**

**2 tablespoons soy sauce**

**2 tablespoons flour**

**Salt to taste**

**Oil for frying**

Clean and salt the fish. Drain well. Fry in hot fat until brown. Set aside. Saute the garlic, onion, and carrot until carrot is half cooked. Add the mixture of vinegar, water, sugar, food seasoning, soy sauce. Cook until liquid thickens. Place fried fish on a platter and pour the sauce over it. Garnish with sweet red pepper.

## FISH STEAK

**1 medium-size bangus**

**1 tablespoon calamansi juice**

**Vegetable fat-fried onion rings**

**4 tablespoons soy sauce**

**2 segments garlic, chopped finely**

**Vegetable fat**

Clean and cut the fish into desired sizes. Mix well with garlic, soy sauce and calamansi juice. Let stand for half an hour or more. Fry in fat and garnish with onion rings.

## PESANG DALAG

- 1 big dalag
- 1 piece ginger
- 2 onions
- 2 potatoes
- 10 young onion stems
- 1 head petchay
- 15 grains black pepper
- 5 cabbage leaves
- 1 piece tahure

Clean the fish. Boil water and add the ginger, petchay, cabbage and potato. Add onion leaves and grains of black pepper when cooked. Add salt and boil until done. Prepare tomato sauce in tahure. Serve with it.

## FISH BAKED IN MILK

- 1 tablespoon butter
- 1½ pounds fish (milkfish)
- ⅔ cup evaporated milk
- 1 teaspoon salt
- 1 small package of raisins
- ⅔ cup water

Melt butter in baking pan. Place fish in pan. Sprinkle with salt add water and milk, and bake in moderate oven (350°F) until fish is tender. Cover with seedless raisins before serving.

## ORIENTAL TUNA CASSEROLE

- 1 cup mayonnaise
- 2 cups medium cream sauce
- 1 tablespoon chopped onion
- 1 7 oz. can tuna, drained and flaked
- 1 9 oz. package frozen peas, drained and cooked
- 2 tablespoons chopped pimiento
- 1 8 oz. can chow mein noodles
- 1 fresh orange peeled and sectioned

Combine salad dressing and cream sauce. Add tuna, peas pimiento and onion. Place a layer of noodles in a 1½ quart casserole; top with tuna mixture and remaining noodles. Bake at (350°F) or 25 minutes. Garnish with orange sections.

## ESCABECHE

1 lapulapu
1 piece ginger
2 tablespoons soy sauce
3 onions
1 cup vinegar
2 tablespoons sugar

Clean the fish and rub with salt. Fry a little until brown. Remove from the skillet. Saute the garlic, onion, ginger. Mix the soy sauce vinegar and sugar and add to the mixture; add a little water, let it boil, then drop the fish. Serve with thick sauce by adding a little flour on the liquid.

## SABETA (Fish Casserole)

⅛ cup olive oil
3 cloves garlic, minced
3 tomatoes, peeled and chopped
3 onions, sliced
2 green peppers, cut into julienne strips
2 teaspoons Spanish paprika
¾ cup rice
¼ teaspoon saffron
6 slices mackerel or fresh tuna
2½ teaspoons salt
2 bay leaves
¼ teaspoon ground chili pepper
1½ cups white wine
1½ cups water

Heat ¼ cup of the oil in a saucepan. Add the garlic and tomatoes and saute for 5 minutes, stirring frequently. Mash the tomatoes with a fork until smooth. Add the onions, green peppers, paprika and saffron. Cook over low heat for 15 minutes, stirring frequently.

Heat the remaining oil in a casserole or saucepan. Add the fish and saute until browned on both sides. Add the salt, bay leaves, chili peppers, wine.

## ADOBONG ALIMANGO-ALIMASAG (Crab Adobo)

1 tablespoon lard
5 crabs
½ cup water
½ cup vinegar
½ cup coconut milk (optional)
1 head garlic
1 tablespoon salt

Wash the crabs and cut into halves. Place them in a carajay with enough water, vinegar, crushed garlic and salt to taste. Cover and cook the crabs. When the water is partly absorbed, add lard, then the coconut milk, if desired. Cook for a few minutes.

## TEMPURA

**½ kilo fresh shrimps**
**1 cup all-purpose flour, sifted**
**1 cup water**
**1 egg**
**¼ teaspoon salt**

Shell shrimps, slit the back and open butterfly fashion. Devein and wash thoroughly. Dry. Set aside in a cool place. Prepare batter in a bowl, combining flour, water, egg, and salt. Stir till mixture is lumpy. Dip shrimps in the batter and deep fat fry. Serve hot with tempura sauce.

**½ cup hot water**
**1 piece bouillon cube**
**2 tablespoons soy sauce**
**1 tablespoon sugar**
**½ teaspoon seasoning**
**1 teaspoon grated ginger**
**2 tablespoons grated radish**

Combine all ingredients together and serve with tempura.

## BULANGLANG NA BULIG

**1 big fish (bulig)**
**salt**
**2 cups squash (diced)**
**1 cup squash leaves**
**15 string beans**
**1 onion**
**1 cup camote**
**10 sliced gabi**

Broil the fish and remove the burned scales. Boil water and salt, and drop the sliced squash, string beans, gabi, onion, camote and squash leaves. Lastly drop the fish and boil until done. Serve hot.

# U K O Y

200 grams small shrimps
2 cups togue or mongo sprouts
1 cake tokwa or bean curd, in strips
1 cup spring onion, in strips

Wash shrimps thoroughly, remove head leaving shells. Prepare batter.

## B A T T E R

1 cup all-purpose flour
1 cup cornstarch
1½ teaspoons baking powder
1½ teaspoons salt
1 egg, well beaten
½ teaspoon pepper
1 teaspoon food seasoning
¼ cup atsuwete
⅔ cup shrimps juice

Sift dry ingredients in a bowl. Blend in remaining ingredients, beat thoroughly to make a smooth batter. Set aside. In a saucer, arrange a bed of mongo sprouts. Garnish with spring onion and shrimps. Add about ¼ cup batter and lower carefully into deep hot fat. Fry until crispy on both sides. Remove to absorbent paper. Serve hot with vinegar-garlic sauce seasoned with salt and black pepper.

NOTE: The same recipe may be prepared using 2 cups squash, 1 cup kutsay, 200 gms. shrimps and cake tokwa or bean curd (1" strips).

## CRAB AU GRATIN

**4 big crabs**
**2 cups milk**
**2 teaspoons cornstarch**
**3 eggyolks**
**1 teaspoon refined sugar**
**¼ pound butter**
**¼ cup chopped mushrooms**
**Salt and pepper to taste**

Boil crabs in water with some salt. When cooked, remove meat from the shell and set aside.

Mix all the remaining ingredients and cook in a double boiler, stirring constantly. Cook until mixture is smooth in consistency. Add flaked crabmeat, then remove from fire. Fill up the crab shells with this mixture. Decorate with parsley and lay on a bed of lettuce.

## HALAAN SPECIAL

**2 cups boiled halaan (a specie of clam)**
**¼ cup butter**
**3 tablespoons flour**
**1 teaspoon refined sugar**
**2 cups white stock**
**2 eggs slightly beaten**
**Salt to taste**

Melt butter, then add the flour. Cook over low heat. When it begins to froth, moisten with 2 cups of white stock. Let it boil. Add now the beaten eggs, halaan and sugar. Season with salt and pepper.

## ADOBONG PUSIT

**½ kilo fresh squids**
**½ head garlic, minced**
**⅓ cup native vinegar**
**¼ cup water**
**1 teaspoon salt**
**½ cup squid broth**
**1 onion, chopped**
**6 tomatoes, chopped (optional)**
**½ teaspoon salt**
**1 teaspoon food seasoning**

Boil squid in garlic, vinegar, water and salt. When tender, take out squid and remove membrane, eyes and stomach. Set ½ cup broth aside. Cut squid into 1" pieces. Set aside. Saute garlic, onion and tomatoes in oil. Add squid's broth. Season with salt and food seasoning.

## SHRIMP IN CURRY

½ kilo fresh shrimps
¾ teaspoon sugar
¼ onion, minced
3 tablespoons flour
¾ teaspoon salt
1½ teaspoons curry powder
3 tablespoons margarine
1 cup milk

Melt margarine over low heat in a skillet. Saute onion and curry in melted margarine. Add shrimp; cook slowly until done. Blend in flour and seasoning. Add milk. Simmer for three minutes. Serve hot.

## STUFFED SQUIDS

6 medium-size fresh squids
½ kilo diced shrimps
1 cup diced celery
¼ cup onion, sliced
¼ cup tomatoes, sliced
1 teaspoon refined sugar
¼ teaspoon Worcestershire sauce
½ teaspoon vinegar
1 clove garlic
Salt to taste

Clean the squids. Remove tentacles to separate the stomach. Cook the squids in vinegar, salt and small amount of water. Let it boil for a few minutes.

Saute garlic in 4 teaspoons oil. Add onions, tomatoes and shrimps. Cook for 5 minutes. Add the celery, potatoes and sugar Add seasonings. Stuff the squid with this cooked mixture. Sew the opening or insert toothpick. Place squids on broiler pan. Brush with oil. Broil slowly until squids turn light brown. Serve on a bed of parsley.

## SHRIMP WITH VEGETABLES

1 kilo shrimps
4 tablespoons butter
1 teaspoon refined sugar
1 teaspoon minced parsley
1 cup tomato sauce
½ cup minced onion
½ cup diced celery
½ cup chopped green pepper
½ cup water
Salt to taste

Saute onions in butter. Blend in rest of ingredients, except shrimps. Cook slowly, stirring once in a while, for about 30 minutes. Add the shrimps. Cook for a few minutes until the shrimps turn pink. Serve hot.

## BRAISED SHRIMPS

**½ pound shelled shrimps**
**6 cooked water chestnuts cut into small squares**
**½ cup tinned peas**
**1 small piece ginger, chopped finely**
**1 small piece green onion, chopped finely**
**1 teaspoon salt**
**2 teaspoons cornflour**
**2 teaspoons soy sauce**
**2 teaspoons wine**
**1 teaspoon sesame oil**
**⅓ cup lard**
**1 cup stock**

Heat the lard in a frying pan, and fry shrimps with the ginger, onion, soy sauce, wine, stock and salt. Add water chestnuts, mushrooms and peas. Now mix cornflour with a little cold water and add to shrimp mixture. Finally add sesame oil. Fry together 3 minutes. Serve hot.

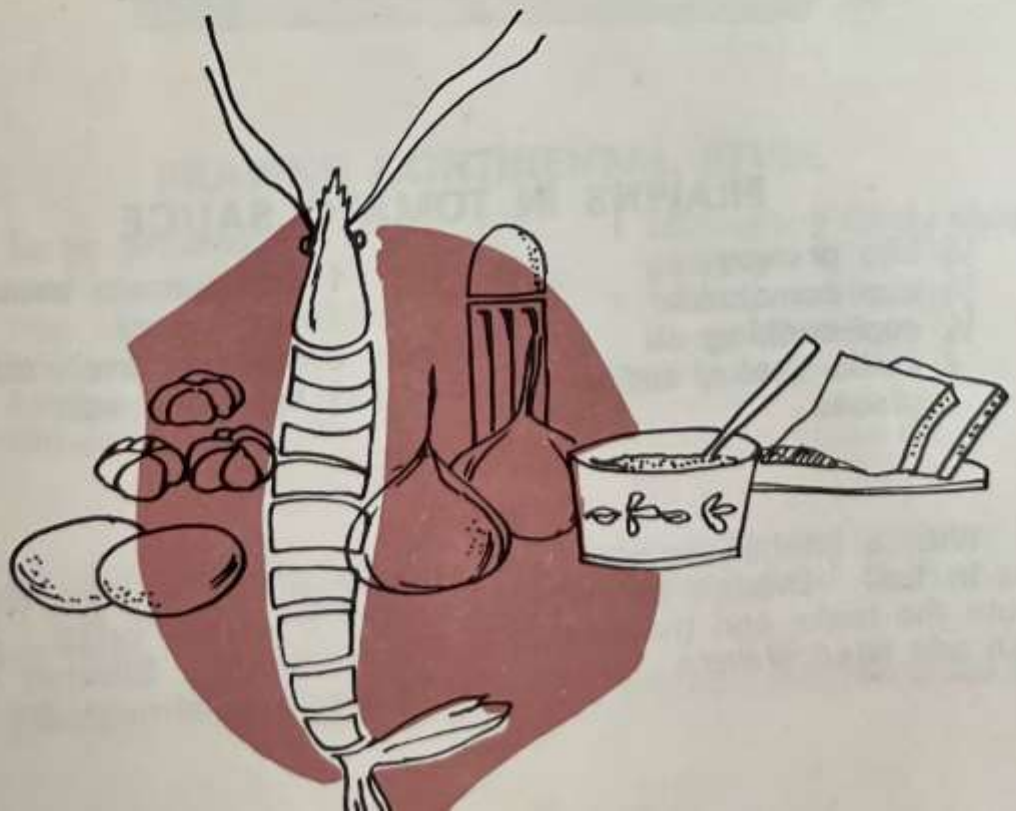
## SHRIMP CROQUETTES

**½ cup frozen shrimps, chopped fine**
**½ cup shrimp juice**
**1 small onion, chopped fine**
**½ cup sliced tomatoes**
**2 cups potatoes boiled and mashed**
**2 eggs, beaten**
**Salt and pepper to taste**
**Bread crumbs**

Saute onions. Add tomatoes. Simmer until mixture is quite thick. Add shrimp and shrimp juice. Simmer until shrimp is done.

Add shrimp mixture to mashed potato. Season with salt and pepper. Return to fire until mixture is quite dry. Remove and let cool.

Shape into oval croquettes. Roll in egg and bread crumbs. Fry until golden brown.



## SHRIMP RELLENADO

**12 big shrimps**
**¾ cup ground pork**
**1 tablespoon chopped green onion**
**12 lumpia wrappers**
**Salt and pepper to taste**

Clean and shell shrimp, but leave tail intact. Slice back of shrimp and fill with 1 tablespoon ground pork and chopped onion. Season with salt and pepper.

Wrap in lumpia wrapper. Fry in deep hot fat. Garnish with fresh tomato slices.

## L A I N G

**½ kilo shrimps, chopped finely**
**2 small young coconuts, grated**
**1 onion, chopped**
**1 teaspoon salt**
**10-15 pieces wilted gabi leaves**
**1 cup thin coconut milk**
**1 cup thick coconut milk**
**2 pieces siling labuyo or hot pepper**

Combine shrimps, coconut and onion. Season with salt. Chop. Wrap by tablespoons in gabi leaves. Arrange in an earthenware pot and pour thin coconut milk over wrapped mixture. Cover and simmer over low flame, shaking pot once in a while to avoid burning. When almost done, add the thick coconut milk and sili. Continue cooking until sauce is thick.

## PRAWNS IN TOMATO SAUCE

**½ kilo prawns**
**¼ cup cornstarch**
**¼ cup cooking oil**
**4 stalks leeks, cut in 1" pieces**
**1 cup tomato sauce**
**½ cup water**
**3 tablespoons water**
**1 teaspoon salt**

With a kitchen scissor, snip the legs and tail of the prawns. Cut in half. Dredge in cornstarch and fry until crisp. Set aside. Saute the leeks and the rest of the ingredients. Simmer until thick then add fried prawns. Simmer until sauce is almost dry.

## SINIGANG NA HIPON

**¼ cup onion, sliced**
**¼ cup tomatoes, chopped**
**10 pieces kamias**
**6 cups rice water**
**½ kilo fresh shrimps, (med-size )**
**1 teaspoon salt**
**1 teaspoon food seasoning**
**2 cups kangkong leaves and tender stalks (swamp cabbage)**

Saute onion and tomatoes. Add the kamias and cook until tender and mushy. Add the rice water. Let boil. When boiling, drop the shrimps. Season with salt and food seasoning. Add kangkong and cook 2 minutes.

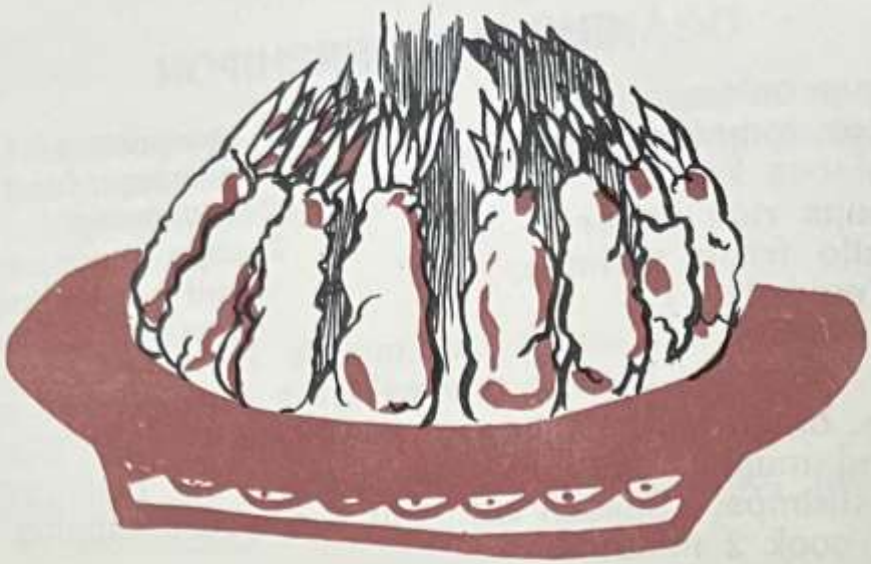
*Shrimps may be substituted with fish such as lapu-lapu, apahap, talakitok; kangkong, with vegetables such as mustasa (mustard leaves), sitaw, sigadillas.

## PRAWNS CONTINENTAL STYLE

**12 large prawns**
**1 cup mayonnaise**
**½ cup chopped pickles**
**2 teaspoons refined sugar**
**1 teaspoon finely chopped olives**
**1 tablespoon finely chopped parsley**
**1 tablespoon finely chopped onions**
**Salt to taste**

With sharp kitchen knife cut prawns from the anterior of the body to the tail. Brush with melted butter. Broil until meat and shell are pink. Serve with tartar sauce.

Tartar Sauce: Combine the remaining ingredients; blend well.



## SHRIMP A LA CARTE

**½ kilo big shrimps**
**1 egg, well beaten**
**2 tablespoons flour**
**Salt and pepper**

Blanch the shrimps and remove heads and shells, leaving the tails intact. Mix egg, flour and seasoning and dip the shrimps into this mixture. Fry in deep hot fat till shrimp is light brown. Serve with sweet sour sauce.

Sweet sour sauce:

**¼ cup water**
**¼ cup vinegar**
**2 tablespoons refined sugar**
**2 tablespoons cornstarch**
**2 tablespoons soy sauce**
**Salt to taste**

Boil cornstarch in water, stirring constantly. When mixture thickens, pour in vinegar and add soy sauce, sugar and salt. Stir until consistency desired is achieved, and remove immediately from fire.

## CAMARON DE ASADO

**1 stem green onion**
**¼ teaspoonful powdered pepper**
**1 spoonful lard**
**1 lime fruit**
**12 big shrimps**
**½ teaspoon soy sauce**

Wash the shrimps, cut in the back and add salt, pepper, lime juice, onion leaves and sauce. Cook in hot lard until brown.

## PRAWNS TURRON

**Prawns, number depending upon size of family**
**Bacon**
**Green onion**
**Celery**
**Lumpia wrappers**
**Kropeck**
**Salt, pepper**

**Food seasoning**

Parboil prawns and peel, leaving tail on. Cut lengthwise on vein down to the tail. Make sure the fat in the head is left when head is peeled as this give a nice flavor.

Wrap each prawn with bacon. Insert one silver of celery and one of green onion. Powder with food seasoning and pepper. Cut off round edges of lumpia wrapper to make it square for easier wrapping. Wrap prawn-bacon neatly, like diapering a baby, leaving tail out to serve as "handle". Fry in very deep hot fat just before serving. Drain and serve in the middle of a large platter surrounded by fat square kropeck.

A variant of this recipe is to substitute Chinese ham for the bacon (the kind bought on Echague), using the fatty parts near the sugared edge. Put in same other ingredients. Dip prawn-ham in beaten egg thickened with cornstarch. Wrap dripping mass in lumpia wrapper and deep fry immediately. The egg mixture will swell out your lumpia wrapper so that your turron is fat and crisp.

## DEEP-FRIED SHRIMPS

**6 big tomatoes, ripe**
**6 eggs**
**6 lettuce leaves**
**Flour and bread crumbs**
**20 regular-size shrimps**
**1 cup milk**
**3 potatoes**
**Salt and pepper**

Cook shrimps in hot water for a few minutes or until they change color. Roll in mixture of milk and eggs then in bread crumbs. Fry in deep hot fat for one to 1½ minutes.

## BAKED LOBSTER AND SHRIMP

**1 cup chopped celery**
**1 tablespoon soy sauce**
**½ tablespoon salt**
**5¾ ounces shrimps, cleaned**
**¼ cup chopped onion**
**¼ cup chopped green pepper**
**1 cup cooked lobster Meat cut into pieces**
**⅛ tablespoon pepper**
**1 cup mayonnaise**
**1 cup butter**

Combine all ingredients except crumbs, place in individual baking shells. Sprinkle with buttered crumbs and bake in moderate oven, (350°F) for 30 minutes.

## CAMARON ADOBO CON GULAY

20 shrimps
¾ kilo cauliflower
2 cups cabbage
1 cup apulid sungsong
1 clove garlic
1 onion
1 tomato
Salt to taste
4 tablespoons lard
1 tablespoon soy sauce

Peel the shrimps and pound the shell and squeeze the juice. Slice the cauliflower, cabbage, tomatoes, and onions. Saute the garlic, onion, tomatoes, shrimp, cabbage and cauliflower. Add soy sauce and salt. Cover and let it boil, add the shrimp juice and boil a little. Then add a little flour dissolved in water to thicken the sauce.

## KILAWING HIPON

½ kilo shrimps
5 radishes
¾ cup vinegar
2 cloves garlic
1 onion
3 tablespoons lard
½ cup water

Peel the shrimps and cut into halves. Soak in vinegar. Pound the shell of the shrimps, and extract the juice. Slice the radishes into long strips. Saute the garlic, onion, shrimps, radishes and vinegar. Cover and boil until dry, then add the shrimp juice. Serve hot.

## TORTANG ALIMASAG

10 fat crabs (alimasag)
1 big onion
2 eggs
2 tomatoes
2 cloves garlic
Pepper and salt
2 tablespoons flour
½ cup lard

Boil the crabs and shell them. Slice the meat, onion, tomato Saute the garlic, onion, tomato and crab meat; add pepper, salt and soy sauce. Beat the eggs and add the flour. Place the mixture on the shell of the crab. Dip in beaten eggs and fry until done.

## ADOBONG HITO

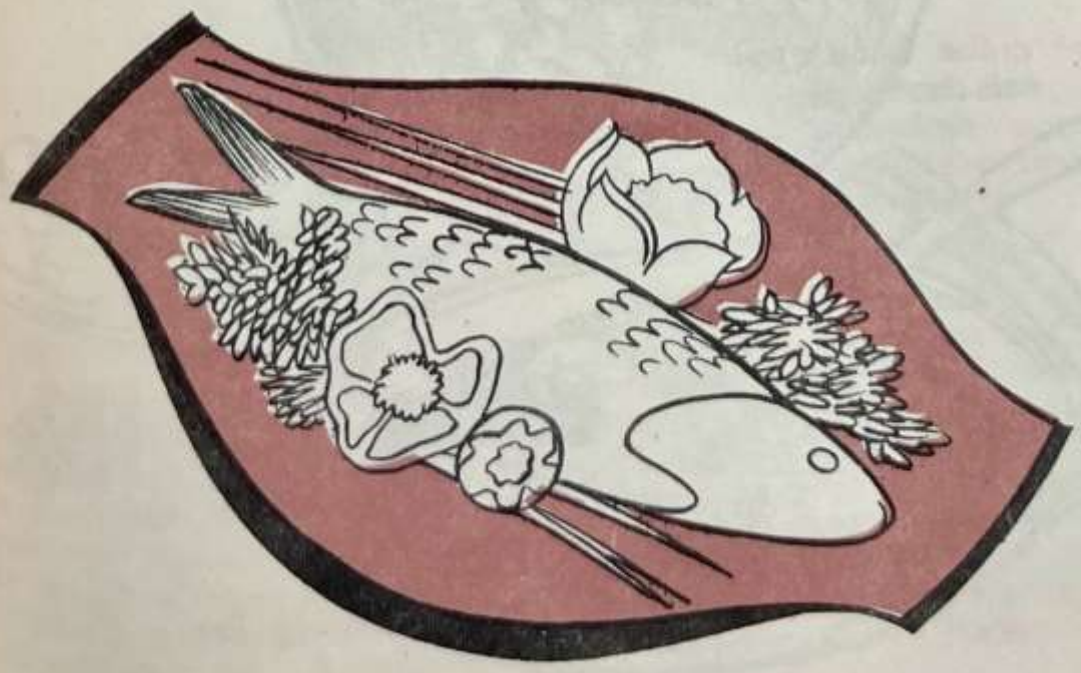
- 3 large or medium-size hito
- ⅓ cup vinegar
- 3 cloves garlic
- ⅓ cup water
- Salt to taste
- A few peppercorns
- ½ cup thick coconut milk

Clean and wash the fish. Put in frying pan, pour the vinegar and add the garlic and pepper. Boil for 5 minutes. Then add the coconut milk and season with salt.

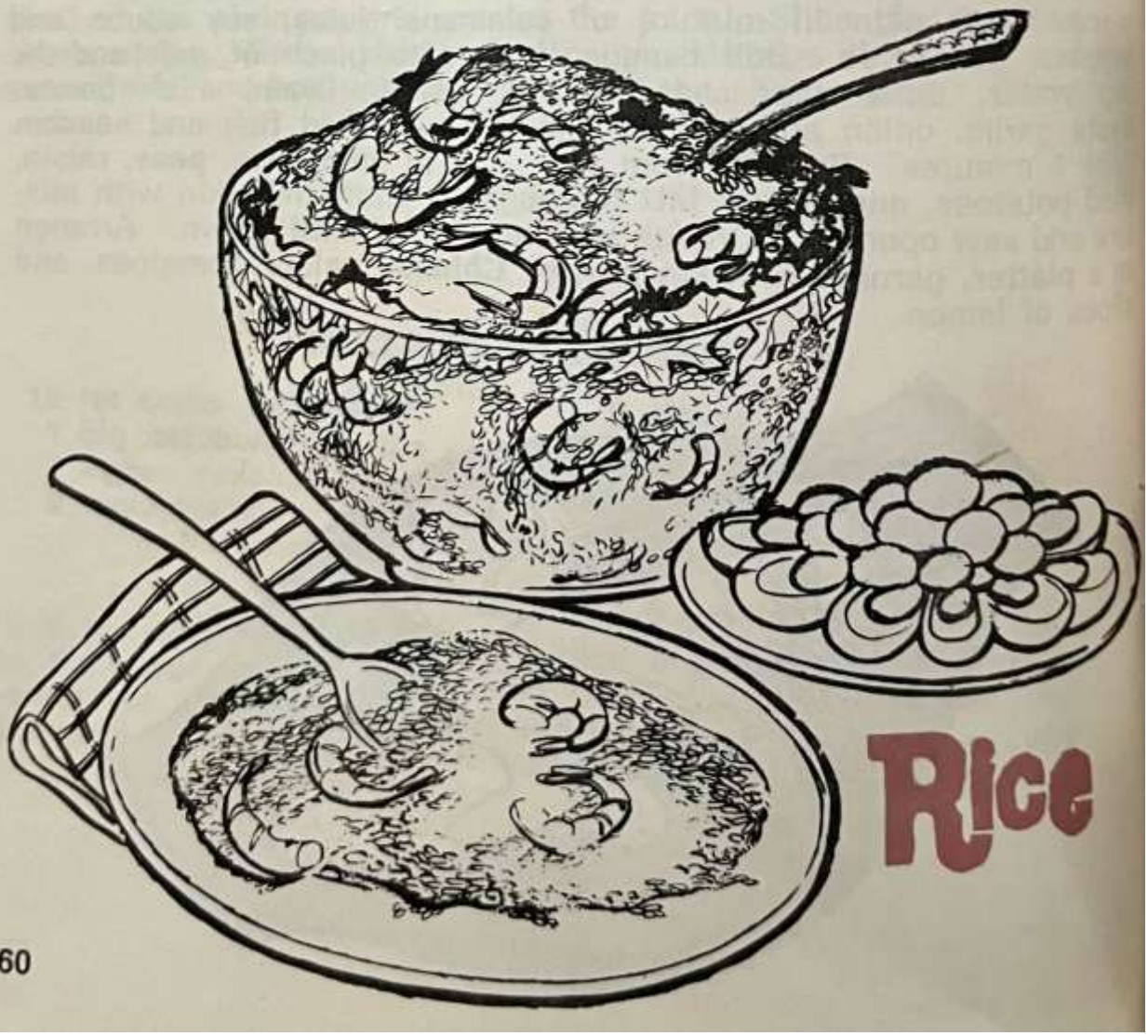
## RELLENONG BANGUS

- 1 medium-size bangus or milkfish
- 1 tablespoon soy sauce
- 1 tablespoon calamansi or lemon juice
- ⅛ teaspoon pepper
- Pinch of salt
- ½ cup water
- 2 tablespoons cooking oil
- 2 cloves garlic crushed
- 1 onion, finely chopped
- ⅓ cup tomatoes, finely chopped
- 1 teaspoon salt
- ⅛ teaspoon pepper
- 1 tablespoon butter or margarine
- ⅓ peas, drained
- ¼ cup raisins
- ¼ cup potatoes, diced finely then fried
- 2 eggs, beaten
- ½ cup flour
- ½ cup cooking oil

Clean fish. Pound to soften. Slit back to open and remove backbone. Scrape meat with a spoon or knife. Keep skin in 1 piece. Soak skin in mixture of calamansi juice, soy sauce and pepper. Set aside. Boil bangus flesh with pinch of salt and ¼ cup water, until color changes. Set aside. Drain. Pick bones. Saute garlic, onion and tomatoes in hot oil. Add fish and season. Cook 5 minutes. Remove from fire. Put in margarine, peas, raisin, fried potatoes, and eggs. Mix thoroughly. Stuff fish skin with mixture and sew opening. Dredge in flour and fry until brown. Arrange on a platter, garnish with kinchay, or Chinese celery, tomatoes, and slices of lemon.



# Noodles Spaghetti



# Rice

## ARROZ A LA VALENCIA (SPANISH)

- 5 hard-boiled eggs
- 1 big hen
- 3 green peppers
- 5 tomatoes
- 1½ cups rice (Malagkit)
- ½ kilo sausages
- 3 onions
- 2 tablespoons butter

Clean the chicken and cut into pieces. Boil with sausages hot water for 20 minutes. Melt the butter in a saucepan. Add onions and cook for 5 minutes; add the peppers, the tomatoes, then the chicken. Wash the rice and drop on the mixture, and cook for 20 minutes. Cut the eggs into pieces and garnish on top before serving.

## ARROZ A LA FILIPINA

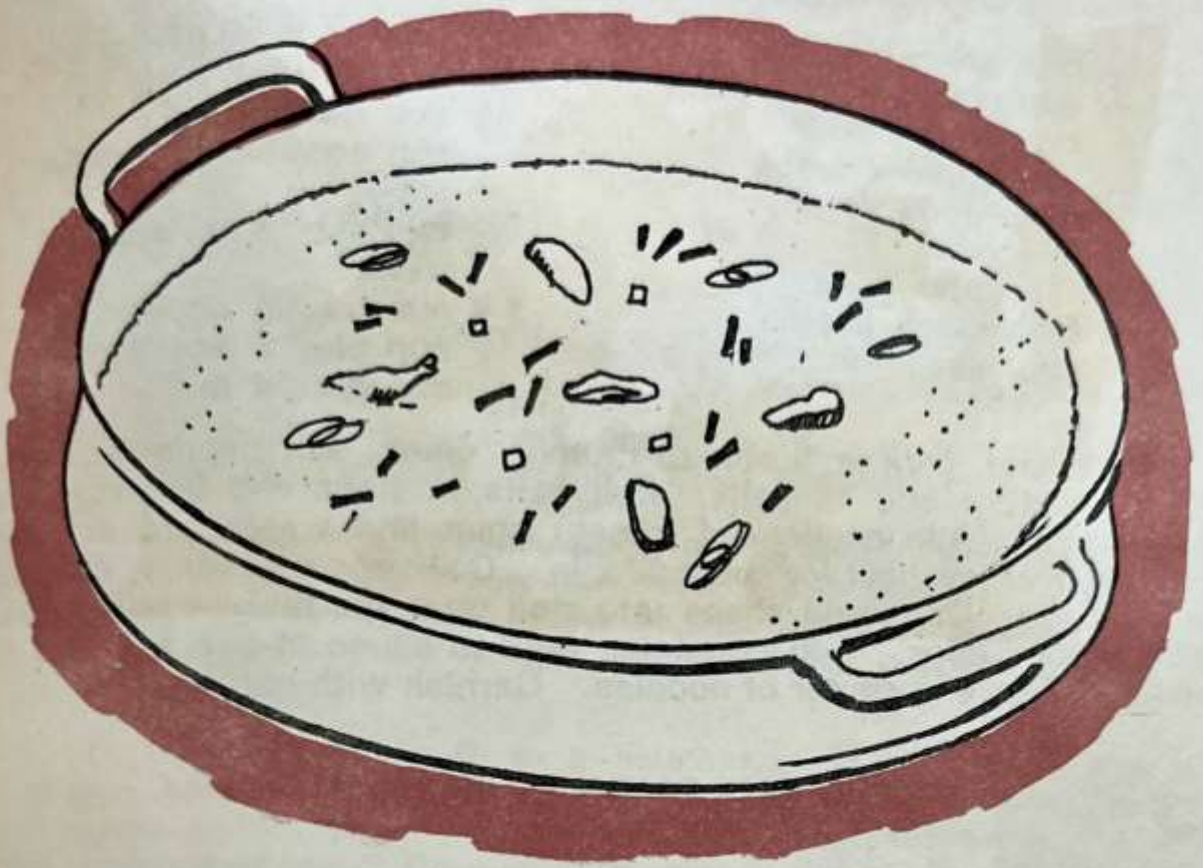
- ½ cup malagkit rice
- 3 cloves garlic
- 3 ripe tomatoes
- 3 medium-size green pepper
- 1 package raisins
- ½ cup enriched rice
- ½ young chicken
- 1 small onion
- 3 tablespoons lard
- 1 hard-boiled egg
- Atsuwete

Dress the chicken and cut into small pieces. Slice the tomatoes and onion. Soak the atsuwete in a little amount of water and set aside. Saute the garlic, onion, tomatoes and chicken. Cover for a short while and when the chicken is brown, add water and cook until tender. Add the atsuwete for coloring. When done, add the enriched rice and malagkit and the raisins. Turn the mixture from time to time to prevent it from burning. Cook for a few minutes. Add salt to taste. Garnish with hard-boiled egg and pepper.

## CHINESE FRIED RICE

**4 strips bacon, cut finely**
**2 eggs, slightly beaten**
**2 cups cooked rice**
**¼ cup pork boiled**
**1 tablespoon soy sauce**
**¼ cup cooked ham**
**¼ cup shrimps**
**1 tablespoon green onion, cut fine**
**2 teaspoons food seasoning**
**Salt and pepper to taste**

Fry bacon until slightly brown. Remove bacon from skillet and fry the beaten eggs in bacon fat. Set some aside. Add cooked rice and fry for 5 minutes. Mix thoroughly. Add all other ingredients, cooked bacon and seasonings. Garnish with scrambled eggs, ham and green onion.



## ARROZ CALDO WITH CHICKEN

**1 medium-size chicken**
**1 cup onion**
**½ tablespoon garlic**
**2 tablespoons lard**
**½ teaspoon kasubha**
**1 cup rice**
**⅓ tablespoon green onion**
**Patis and pepper to taste**

Cut the chicken into desired pieces and boil until tender. Saute the garlic in lard until light brown. Add the onion and rice and chicken stock to cook the rice. Season with patis and pepper and cover for 3 minutes. Add the chicken and the kasubha. Cover and boil for 10 minutes.

## ARROZ CALDO WITH PORK AND HIBE (DRIED SHRIMPS)

Boil the pork until tender. Wash and pound the dried shrimps. Saute the pounded garlic. Set aside a part of fried garlic. To the lard used for sauteing the garlic, add the onion, ginger, boiled pork, pounded dried shrimps, rice and stock. Boil until rice is cooked. Season with patis. Add the kasubha and fried garlic before serving

Pork may be omitted.

## SPAGHETTI RING WITH MEAT BALLS

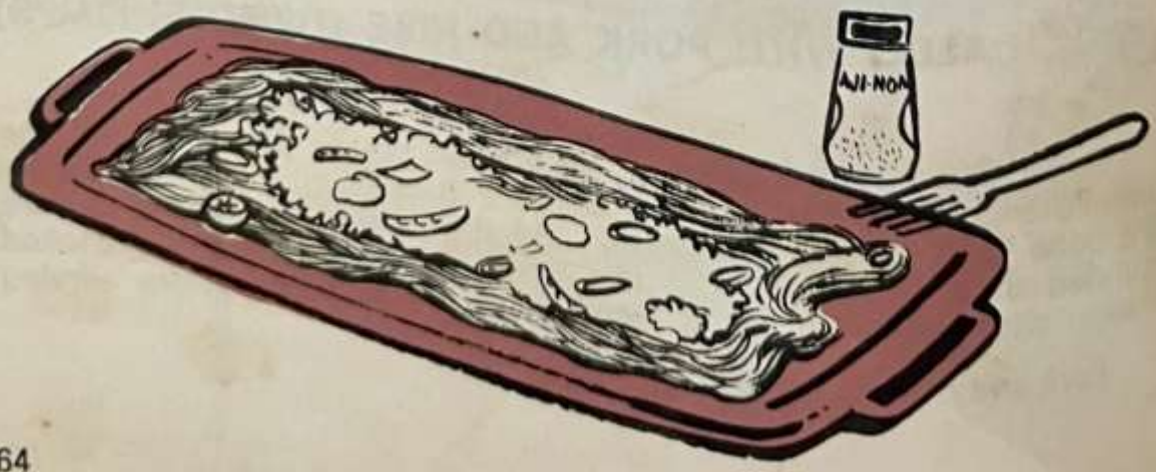
½ cup ground beef
¼ cup plus 2 tablespoons evaporated milk
¼ cup bread crumbs
1 tablespoon onion, minced
½ teaspoon salt
⅛ tablespoon pepper
1 egg, unbeaten
1½ tablespoons flour
½ cup ground pork
¼ cup cooking oil
¾ cup condensed tomato soup
¼ cup plus 2 tablespoons water
16 ounces egg noodles
¼ cup plus 2 tablespoons evaporated milk.

Mix beef, pork, milk, bread crumbs, onion, salt pepper and egg. Shape mixture into 16 balls. Roll balls in flour and brown in hot cooking oil. Add condensed tomato soup and water and continue cooking over low heat for about 20 min. Cook egg noodles as directed on package. Drain and shape into ring on a platter. Arrange meat balls around edge. Add remaining milk to sauce in pan and heat to boiling. Serve in center of noodles. Garnish with parsley.

## PANCIT BIJON GUISADO

¼ cup cooking oil
2 cloves garlic, minced
1 onion, minced
1 cup boiled pork, sliced
1 large carrot, in slices
2 tablespoons soy sauce
1½ cup broth
1 bunch kintsay or Chinese leeks
1 small cabbage, shredded
1 bundle 1st class bijon China (rice sticks)
1 teaspoon salt
1 teaspoon Food Seasoning
2 pieces chorizo canton, (Chinese sausage) fried and sliced
Spring onion, chopped

Saute garlic in cooking oil, add onions, pork, carrot and cabbage. Season with soy sauce and fry for 2 minutes. Add broth and simmer, add kinchay. When vegetables are cooked, mix in soaked and drained bijon and season with salt and Food Seasoning. Garnish with chorizo canton and spring onions. Serve with calamansi.



# PANSIT CANTON

**1 round bundle of fried noodles**
**1 cup boiled chicken, minced**
**½ cup sliced apulid**
**½ cup sliced cauliflower**
**½ cup minced onion**
**¼ cup Chinese ham**
**4 tablespoons cornstarch**
**Chicken broth**
**½ cup shrimps, sliced lengthwise**
**½ kilo pork**
**½ cup sliced carrots**
**1 cup shredded cabbage**
**½ cup stringed peas**
**½ cup dried mushrooms, soaked in water and cut into strips**
**10 tablespoons soy sauce**

Fry the vegetables (carrots, peas, cauliflower, and cabbage) in hot fat in the order given. Mix in a bowl and set aside.

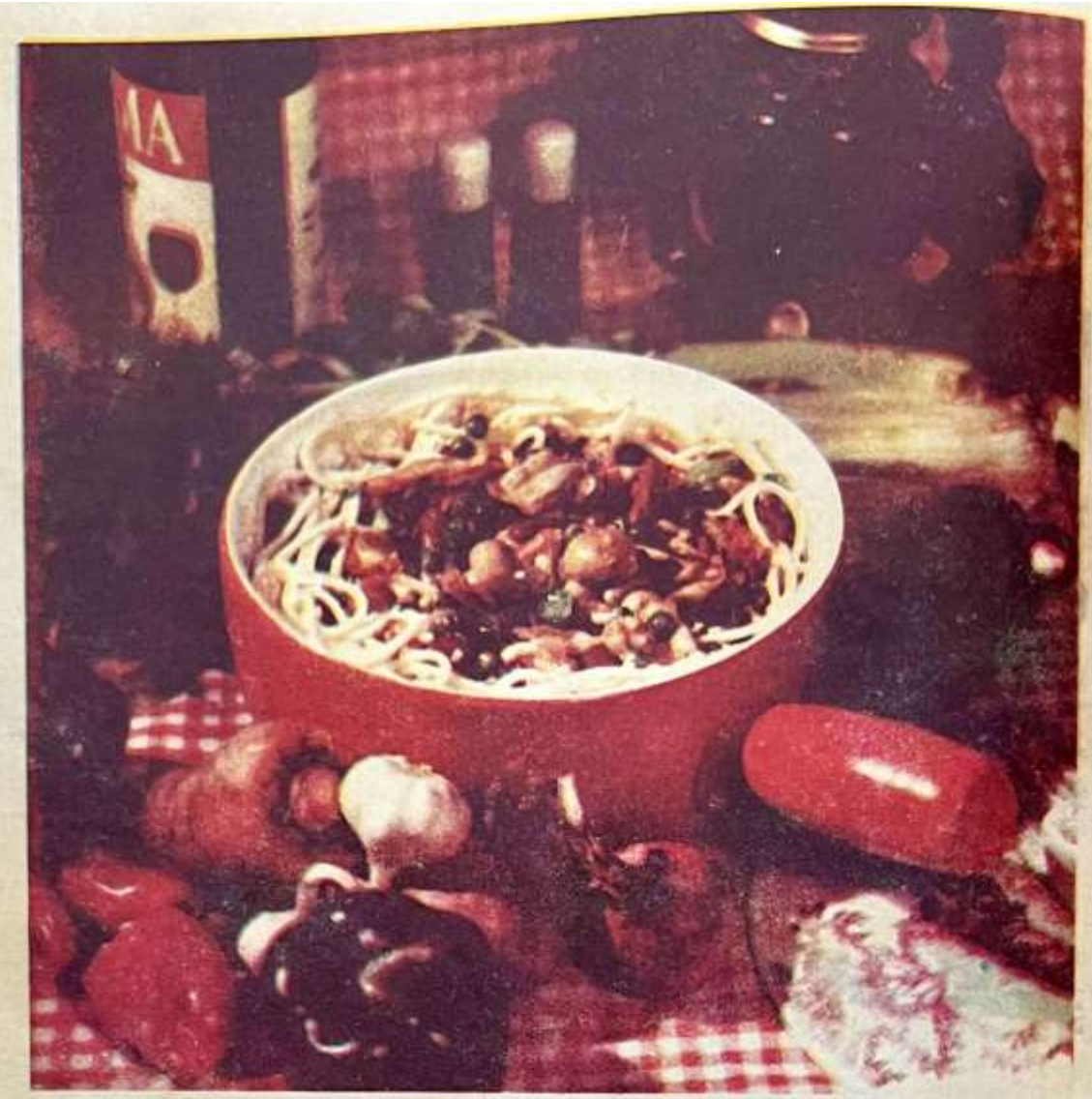
Saute the onion, shrimps, pork, and chicken. Add soy sauce and allow to simmer for a few minutes. Add the apulid, mushrooms and 2 cups chicken broth. Allow to boil for 5 minutes. Pour the cornstarch dissolved in ½ cup chicken broth, stirring constantly. Remove from fire.

Boil the chicken broth in a saucepan. When boiling put the noodles. (The broth should be enough to cook the noodles). When soft, place on a platter. Cover with fried vegetables and top with the sauteed mixtures. Garnish with wansoy and serve with soy sauce and kalamansi.

# PANSIT BUKO

**2 cups buko**
**½ cup shrimps**
**½ cup pork**
**2 hard-boiled eggs**
**Pepper**
**4 tablespoons onion, sliced**
**1 tablespoon garlic, pounded**
**3 tablespoons patis**

Saute the garlic, onions, shrimps, and flaked meat of pork. Add patis. Boil the shredded young coconuts. Drain, add this to the sauted mixture and continue cooking until almost dry. Season with pepper. Garnish with sliced hard-boiled eggs.



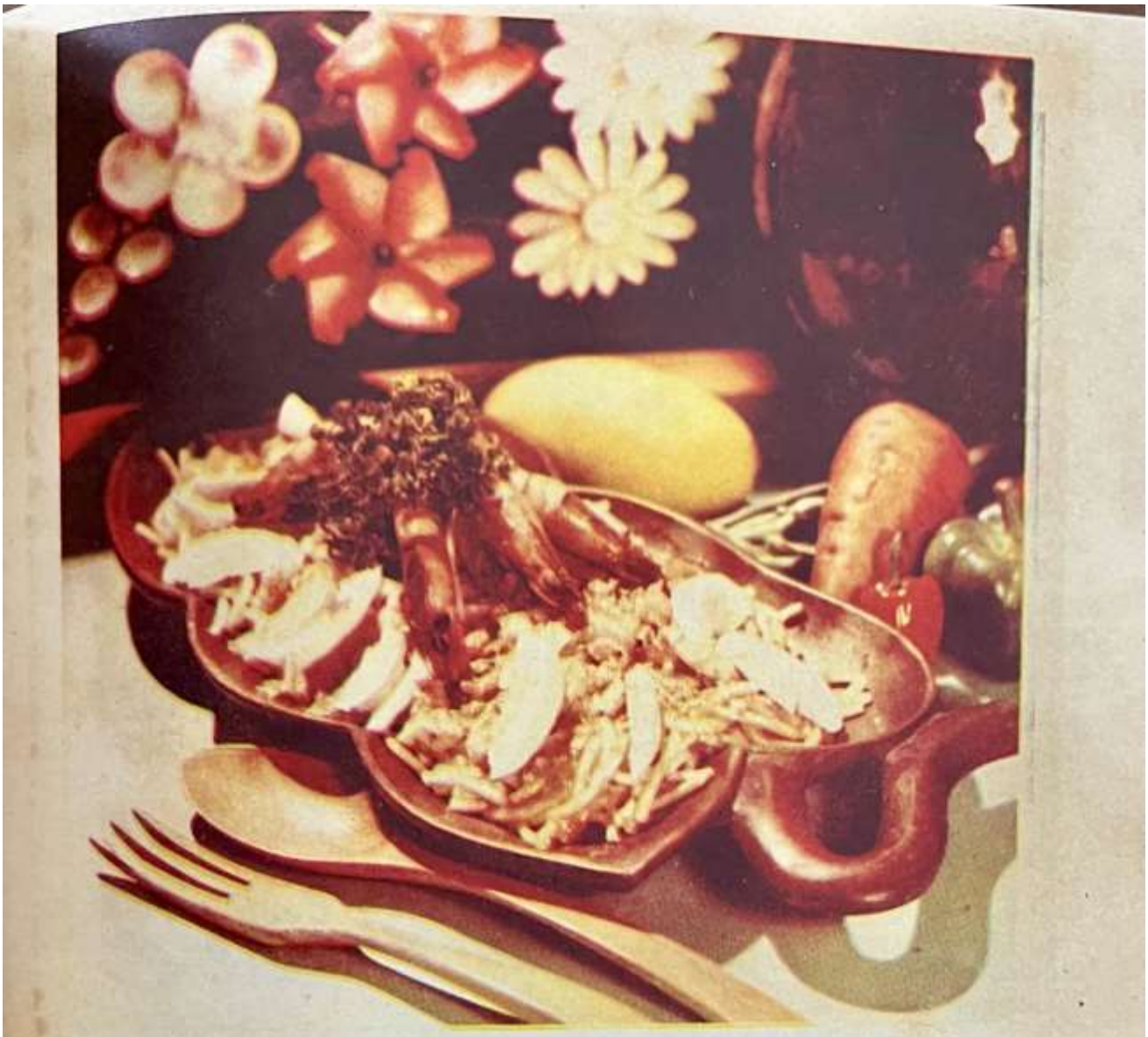
## PAPA PICCOLINO SOUTHERN SPAGHETTI

- 2 pkg. Papa Piccolino Pre-cut Spaghetti
- 1 lb. bacon, cut-up
- 3 onions, sliced
- ½ kilo ground beef
- 1 cup green pepper, cubed
- 2 tablespoons parsley, chopped
- ½ cup red kidney beans, cooked
- 1 cup tomato sauce
- ½ cup mushrooms, sliced
- Salt and pepper to taste
- ¼ cup peas
- 1 cup cheddar cheese

Preheat oven to 275°F. Cook Papa Piccolino Pre-cut Spaghetti as directed on the package. Do not over cook spaghetti. Fry bacon and set aside. Saute onions in bacon drippings, add ground beef, bacon, green pepper, chopped parsley, kidney beans, tomato sauce and mushrooms. Season with salt and pepper and let simmer until almost done. Lastly add peas and continue simmering until done.

Cover bottom of a 13 × 9-inch pyrex dish with a layer of the cooked spaghetti, cover with a layer of the prepared mixture, repeat, having the last layer sprinkled with cheese. Bake for 30-40 minutes. Serve hot.

**Yield:** 10-12 servings



## PAPA PICCOLINO SPAGHETTI PALABOK

- 1 package Papa Piccolino Pre-cut Spaghetti
- 2 tablespoons garlic
- 2 tablespoons oil
- ½ cup onion, sliced thinly
- 1½ cups shrimps, shelled and sliced
- ½ cup oysters, shelled (optional)
- 3 stalks celery, chopped
- 2 tablespoons achuete seeds
- ½ cup water
- 1 cup White King All Purpose Flour
- 2-3 cups shrimp juice
- 3-4 tinapa, flaked and toasted
- ½ cup chicharon, pounded
- 1 tablespoon green onion leaves, chopped
- 2 hard-cooked eggs, sliced

Cook Papa Piccolino Pre-cut Spaghetti as directed on the package. Drain, place on a platter and set aside. Brown 1 tablespoon garlic in hot fat and set aside for garnishing. Saute remaining garlic with onion; add shrimps, oysters, and celery and fry until shrimps are cooked. Set aside. Soak achuete in half cup of water, rub with fingers to bring out color, and strain. Combine White King All Purpose Flour, shrimp and achuete water in a saucepan and cook over medium heat until thickened and batter is smooth. Remove from heat. Pour sauce over cooked spaghetti and garnish with tinapa, chicharon, shrimps, oysters, onion leaves, browned garlic, hard-cooked eggs. Serve with patis and calamansi.

# SPECIAL SOTANGHON

½ kilo ground pork
½ kilo ground shrimps
2 onions, chopped fine
½ cup flour
5 eggs
½ kilo sotanghon
1 chicken
½ cup ham
2 heads garlic
1 bundle green onions
1 onion
Patis
Salt and pepper to taste
Seasoning

Mix the pork, shrimps, onion, eggs, flour, salt and pepper until well-blended. Grease a loaf pan with lard and pour in the mixture. Steam for 1 hour. When done, cool and cut into cubes. Meanwhile, boil the chicken and ham. When soft, flake into fine pieces.

Saute the garlic. When brown, remove and set aside. Add the onion, flaked chicken and ham. Season with patis and seasoning. Pour the chicken stock, then the sotanghon. Serve with the steamed mixture, fried garlic and green onions.

How to prepare the Sotanghon:

Soak the sotanghon for 1 hour in water. Drain. Pour boiling water. Cut into short pieces. This is done to cook the sotanghon quickly when added to the chicken stock.

# LUMPIA MACAO

Filling:

½ kilo ground pork
6 tablespoons soy sauce
3 eggs
½ tablespoon pepper
6 tablespoons chopped garlic
2 tablespoons salt
3 Chinese sausages (cut into small pieces)
½ cup cornstarch

Pastry:

2 cups flour
½ cup lard
1 tablespoon salt

Sift flour and salt. Cut in shortening. Add water to form a dough. Knead and roll out thinly. Cut into pieces 2 inches square. Lay aside.

Mix all ingredients together for filling. Then put filling in center of the prepared pastry. Enclose by folding edges. Cut sausage into pieces and garnish top. Steam.

Instead of pastry, lumpia wrapper can be used. Divide the wrapper into two pieces. Put one tablespoon on the divided wrapper, roll. open one end and steam.

# SIO-MAY
## (Steamed Lumpia)

Paste:

2 cups sifted flour
2 tablespoons lard
Chicken broth
Salt

Mix the flour, lard, salt, and sufficient chicken broth to form the paste. Knead and roll, then cut into pieces. Roll the pieces, then cut into round pieces and form the sio-may.

Stuff with the following filling: Peel 15 shrimps, cut into fine squares the mushrooms, apulid, and ham. Chop ⅛ kilo liempo and then saute with 1 tablespoon lard, and add the green onions and all the other ingredients. Season with ½ tablespoon soy sauce. Remove from fire, add 1 egg and 1 tablespoon kamote flour. When the sio-may is already prepared, sprinkle water over them. Steam for 1 hour.

## LUMPIA MANDARIN

**2 cups flour**
**⅓ cup shortening**
**1 tablespoon salt**
**1 teaspoon baking powder**
**Salt**

Sift dry ingredients together. Cut in shortening with knives. Add cold water slowly enough to hold dough together. Knead and roll out thinly. Cut into pieces about 3 inches long and 2 inches wide.

Filling:

**1 onion, minced**
**2 tablespoons chopped ham**
**½ cup chopped pork**
**1 cup chopped shrimps**
**½ cup finely diced apulid**
**¼ cup finely diced carrots**
**Butter**

Saute the onion in butter. Add the chopped shrimps and pork. Cover and allow to simmer. When almost done, add the carrots, ham and apulid. Continue to simmer until all the ingredients are cooked. Season with salt and pepper.

Fill the prepared dough with a tablespoon of the mixture. Moisten the ends and roll, forming small lumpia. Close both ends lengthwise by pressing them with the fingers. Prick the surface with a toothpick and allow to cool for a few minutes in refrigerator. Fry in hot fat until golden brown and serve with sweetsour sauce.

## PANSIT GUISADO

**1 cup boiled chicken meat**
**1½ cups chicken stock**
**1 cup sliced pork, boiled**
**1 cup sliced, boiled shrimps**
**3 Chinese sausages**
**1 cup shredded cabbage**
**½ cup ham**
**1 onion, sliced**
**1 cup shrimp liquor**
**1 tablespoon flour**
**1 kilo bihon**
**4 cloves garlic, sliced**
**1 cup sliced patola**
**3 tablespoons patis**
**6 tablespoons lard**
**Salt and pepper to taste**

Slice the pork, shrimps, and sausages. Cut ham into long, narrow strips. Heat lard and fry the garlic onions, shrimps, pork, chicken, ham and sausages separately. Set aside enough for garnishing. Mix the rest and season with patis and pepper and cook for 1 minute before adding the vegetables. Add the chicken broth and boil until almost dry. Add the bihon which has been soaked in water and drained. Cook over a low fire until slightly toasted. An extra spoonful of lard will improve the texture. Arrange the pansit on a large platter and garnish with shrimps, sliced, boiled eggs, sausages and a sprig of kintsay. Serve with kalamansi.

## PALABOK FOR PANSIT LUGLOG

**2 cups shrimp juice**
**3 tablespoons lard**
**½ cup atsuwete juice**
**2 segments garlic**
**½ cup cornstarch**
**2 tablespoons patis**

Brown the garlic in lard, add the atsuwete juice, then add the shrimp juice. Season with patis. When it boils, add the cornstarch stirring constantly until thick and smooth. Salt to taste.

## PANSIT LUGLOG

**½ kilo bihon, soaked in cold water 10 minutes then drained**
**2 cups finely sliced green onions**
**2 quarts boiling water or stock**
**½ cup finely flaked tinapa with spines off**
**1 head garlic, minced**
**½ cup kintsay, cut into half-inch pieces**
**2 hard-boiled eggs, sliced lengthwise**
**½ cup powdered, crisp crackling (sitsaron)**
**½ cup shelled shrimps**
**½ cup lard**
**½ cup sliced boiled pork**
**½ cup tokwa, cut into small cubes**
**2 cups shrimp juice**
**12 kalamansi, halved with the seeds removed**
**Salt and pepper to taste**
**Patis and Seasoning**

Cut the pork, shrimps and tokwa. Mince the garlic and fry until brown. Drain and set aside. Add the pork to the lard. Cook until brown. Add the tokwa and the shrimps. Then add ½ cup shrimp juice. Cover and bring to a boil. Add the kintsay and season with salt and pepper. Set this pork-shrimp mixture aside.

Soak the bihon in water, dip in boiling water for 5 minutes, then drain and place on a big platter.

Put the palabok on top of the cooked bihon, or noodles. Add the sauteed ingredients, the sitsaron, hard-boiled eggs and green onions. Season with patis, kalamansi, pepper and food seasoning.

## PANSIT MIKI

**½ kilo pork**
**½ cup shrimps**
**½ kilo fresh miki**
**1 onion**
**1 cup shrimp juice**
**½ cup lard**
**1 small bundle kintsay**
**1 bundle green onions**
**2 segments garlic**
**2 patola**
**2 cups pork stock**
**Patis and pepper to flavor**

Boil the pork until tender. Cut into small pieces. Saute the garlic in lard. Add the onion, shrimps, pork and the shrimp juice. Season with patis. Then add the pork stock and vegetables. When vegetables are cooked, add the miki. Do not overcook the miki. Serve hot. Garnish with eggs and kalamansi.

## PANSIT MALABON

**1 kilo fresh bihon**
**½ kilo shrimps**
**½ kilo fat pork**
**1 square tokwa**
**2 heads garlic**
**½ cup tinapa**
**½ cup sitsaron**
**½ cup atsuwete water**
**2 hard-boiled eggs**
**2 cups cabbage**
**10 kalamansi**
**Patis to taste**
**Green onions, cut into small pieces**

Prepare all ingredients for sauteing. Boil the pork and season with salt. When done, cut into small pieces. Set aside.

Saute the garlic, then add the shrimps, tokwa and cabbage. Add the atsuwete, water and season with patis. Set aside.

In the same frying pan, brown the garlic. Add 2 cups of shrimp juice or pork stock, then add atsuwete, and water. Let it boil. Add ½ cup cornstarch diluted with water and continue stirring until palabok is done.

Boil the pork stock. Submerge the fresh bihon until done and place on the platter.

On top, place the palabok, the sauteed ingredients, then the tinapa, sitsaron, fried garlic, onions, and patis. Garnish with slices of hard-boiled eggs and kalamansi.

## PANCIT MOLO

**1 medium-size fat hen (boiled and chopped)**
**Pork bones (boiled for broth)**
**1 tablespoon kutchay leaves**
**1 onion, chopped**
**1 head garlic, crushed**
**Salt and pepper**
**1 eggyolk**
**1 tablespoon onion leaves cut into tiny pieces**
**100 grams or ½ cup cooked chopped ham**
**¼ kilo fresh shrimps (peeled & chopped)**
**¼ kilo ground pork**

Boil chicken with pork bones till tender. Shred and chop some for filling. Set aside. Pound heads of fresh shrimps. Squeeze the juice and set aside. Combine the ground pork with ½ of the shrimps, ham, and some chopped boiled chicken. Add one eggyolk, 1 tablespoon finely cut onion leaves. Season with salt and pepper. Put filling inside about 6 tablespoons lard garlic, onion, shredded chicken, shrimps and ham. Season with patis. Pour shrimp juice, let boil, then pour the chicken and pork broth (about 10 to 12 cups). Cover and let boil. When broth boils, drop the stuffed molo wrappers. Cook about 10 to 15 minutes. Season with pepper and patis. Garnish with cut kutchay leaves.

## PANCIT MOLO WRAPPERS

**1 to 2 cups flour**
**⅛ teaspoon salt**
**2 eggs**
**Enough water to make dough soft.**

Knead above ingredients with the palm of the hand. Roll on a flour board into a thin sheet as thin as paper. Cut into 2½ inch squares. Sprinkle each wrapper with cornstarch so wrappers will not stick to one another.

## PANCIT CON CALDO

**1/5 kilo liver**
**1/5 kilo meat**
**5 lumpia wrappers**
**1/5 kilo chicken**
**1 cabbage, sliced fine**
**1 onion (sliced)**
**10 shrimps**

Peel and grind the shrimp and wrap in the lumpia wrapper and fry until brown. Slice the meat, liver, chicken, and the 10 shrimps cut into halves. Saute the garlic, onion, meat liver, chicken and shrimp. Cook with little lard and add the cabbage. Add a little broth, and when boiling add soy sauce or salt. Then drop the fried lumpia wrapper. Remove from fire and serve.

# Eggs

## CREAMED EGGS

**6 hard-boiled eggs**
**2 tablespoons fat**
**½ onion**
**6 slices hot buttered toast**
**2 tablespoons flour**
**2 cups milk**
**1 teaspoon salt**
**¼ teaspoon pepper**

Remove the shells from the eggs and cut each egg into six pieces. Heat the fat in a frying pan, and cook the chopped onion with it for a few minutes until yellow, but not brown. Remove the onion, make a sauce of the fat, flour liquid and seasonings. When it thickens, add the eggs, and, when they are well-heated, turn the mixture out onto the buttered toast and serve at once.

## STUFFED EGGS

**6 hard-boiled eggs**
**½ teaspoon salt**
**¼ teaspoon white pepper**
**½ teaspoon food seasoning**
**½ teaspoon prepared mustard**
**1 tablespoon chopped onions**
**2 tablespoons chopped pickles**
**Mayonnaise to moisten egg mixture**
**Native lettuce or head lettuce**
**6 large tomatoes**
**½ teaspoon paprika**
**Sliced cucumber**
**Sprigs of parsley**

Slice pointed tops of eggs. Make short diagonal cuts around edge of white to produce zigzag effect. Set aside. Mash yolks, blend in seasonings, onion, pickles and enough mayonnaise to moisten. Fill egg whites with mixture. Chill. Slice tops of tomatoes. Scoop out seeds. Arrange the tomatoes on a lettuce bed. Nestle a stuffed egg on a tomato and pipe mayonnaise with a pastry tube. Sprinkle with paprika. Garnish with cucumber slices and sprigs of parsley.

## PORK AND SHRIMP OMELET

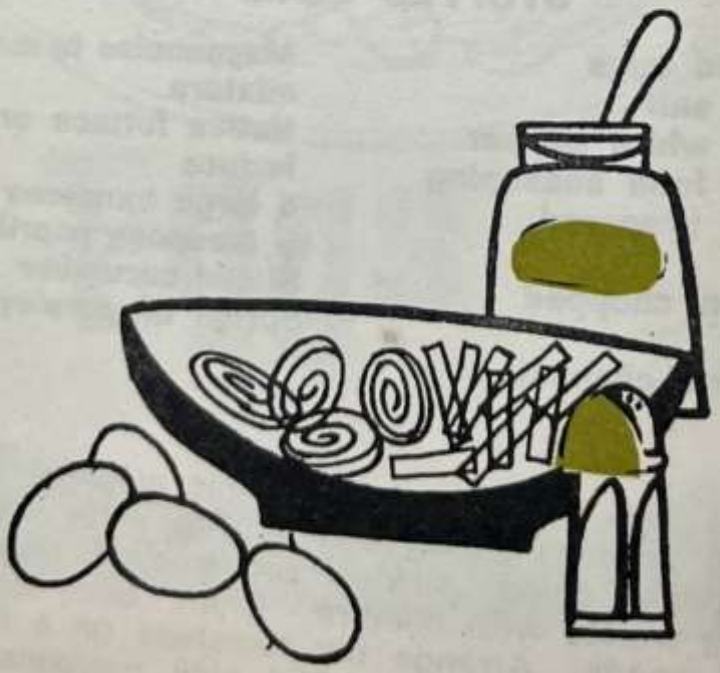
- 2 eggs
- 6 tablespoons raisins
- ½ cup lard
- Salt and pepper
- Banana leaf
- 2 tomatoes
- 2 tablespoons soy sauce
- 3 cloves garlic
- 2 potatoes
- 2 onions
- 20 shrimps
- ¼ kilo pork (chopped)

Fry the meat until brown. Peel the shrimps and slice fine. Slice tomato, onion and potato and fry. Saute the garlic, onion, tomato, and potato, then add the meat, shrimp and raisins. Mix very well, and add soy sauce and pepper and let it dry and remove from fire. Beat the eggs. Prepare the hot lard, and place the banana leaf. Pour one-half of the beaten eggs. Fry until brown and turn, and brown the other half. Remove the banana leaf. Place on a platter.

## ANCHOVY EGGS

- 3 hard-boiled eggs
- 1 tablespoon anchovy puree
- 1 cup finely chopped dill
- 6 slices of tomato
- 2 teaspoons mayonnaise
- 2 thin strips of anchovy fillets
- Salt and pepper to taste
- Paprika for seasoning and color

Cut 3-hardboiled eggs in half lengthwise. Remove the yolks and mash them :o a paste with 1 tablespoon anchovy puree and 2 tablespoons mayonnaise. Season mixture with a drop of Tabasco and form it into finely chopped dill and arrange 3 balls in each white. Place each egg white on a thin slice of tomato sprinkled with salt and pepper. Cross 2 thinstrips of anchovy fillets over the balls, and dust with paprika.



## EGGS FRENCH STYLE

**2 tablespoons butter**
**4 tablespoons flour**
**1 cup milk**
**½ teaspoon salt**
**½ teaspoon paprika**
**⅛ teaspoon pepper**
**6 hard-boiled eggs**
**Bread crumbs**

Melt butter, blend in flour and add milk and seasonings. Cook until thickened, stirring constantly. Dip eggs into the sauce. Drain on absorbent paper. Serve with tomato sauce. Cut hard-boiled eggslengthwise into halves. Fill centers with sieved egg yolks. 2 tablespoons minced green pepper and 2 tablespoons grated cheese. Refill whites and fasten halves together with toothpicks. Prepare as above.

## SPANISH OMELET

**½ green pepper, minced**
**1 tablespoon minced onion**
**2 tablespoons fat**
**6 stuffed olives, sliced**
**1¾ cups cooked tomatoes**
**1 tablespoon sliced mushrooms**
**1 tablespoon capers**
**¼ teaspoon salt**
**Few grains of cayenne**

Saute pepper and onion in fat until tender but not brown. Add olives and tomato, and cook down to a thick sauce. Add remaining ingredients. Place 4 tablespoons sauce on omelet before folding and pour remainder over top. Serves4.

## EGGS IN TOMATO CASES

**6 medium-size tomatoes**
**2 tablespoons butter**
**Salt and pepper**
**6 eggs**

Cut tops from ripe tomatoes. In the center of each, make a hollow large enough to hold an egg. Add 1 teaspoon butter, season with salt and pepper, and break an egg into each tomato. Bake in moderate oven until eggs are firm and tomatoes are cooked.

## OMELET WITH BACON

**8 slices bacon**
**8 eggs**
**½ teaspoon salt**

Fry bacon until crisp. Beat eggs with salt. Reduce heat under bacon. Arrange bacon neatly in skillet and pour eggs over it. As eggs cook, cut slits in it to allow uncooked eggs to run underneath. When eggs are set, loosen from skillet, and serve whole on a hot platter.

## EGG CROQUETTES

**3 tablespoons butter**
**3 tablespoons flour**
**¼ cup milk**
**½ teaspoon salt**
**Dash of paprika**
**4 hard-boiled eggs, chopped**
**Cracker crumbs**
**1 egg slightly beaten**

Melt butter on top of double boiler, add flour and stir until blended. Add milk and seasonings, and cook until mixture is thickened. Remove from heat and add hard-boiled eggs. Set aside to cool. When cold, shape into croquettes; roll in cracker crumbs; dip into egg (diluted with 2 tablespoons water) and again in crumbs. Fry in hot deep fat until brown.

## EGGS WITH AMARGOSO

**3 amargoso, sliced**
**3 eggs, beaten**
**4 tomatoes**
**4 tablespoons shrimps**
**1 onion**
**3 cloves garlic**
**3 tablespoons lard**
**Salt or patis to taste**

Saute the garlic, onion, tomato, shrimp and amargoso for 15 minutes. Put shrimp stock. Salt to taste. Then add the beaten eggs and remove from fire.

## EGGS AND CHINESE PUFFS

**4 eggs**
**2 tablespoons chopped onion**
**⅓ cup flour**
**⅓ cup vegetable fat for frying**
**½ tablespoon salt**
**1 tablespoon baking powder**
**⅓ lb. cheese**
**Pepper to taste**

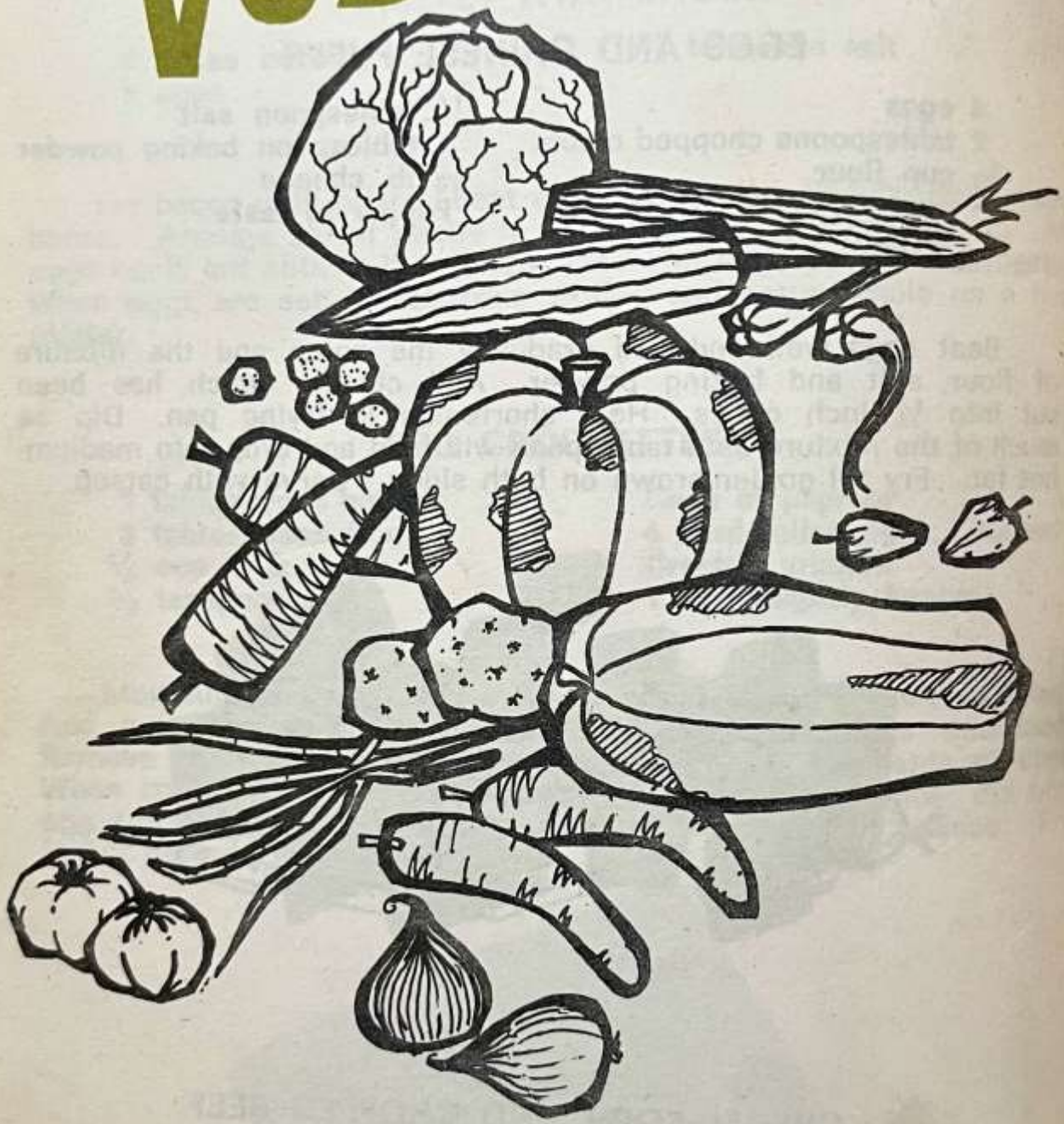
Beat eggs well and add gradually the onion and the mixture of flour, salt and baking powder. Add cheese which has been cut into ¼ inch cubes. Heat shortening in frying pan. Dip as much of the mixture as a tablespoon will hold and drop into medium-hot fat. Fry till golden-brown on both sides. Serve with catsup.

## CREAM EGGS AND CHOPPED BEEF

**5 or 6 hard-boiled eggs**
**¼ lb. chopped beef**
**2 cups cream sauce**
**¼ cup bread crumbs**

Slice the eggs crosswise into a baking dish, putting first a layer of eggs, then one of beef. Pour a little of the sauce over each layer and finish with fine crumbs sprinkle over the top. Dot with butter and bake in a moderate oven until brown.

# Vegetables



## STUFFED PEPPERS

**6 red or green peppers**
**3 cups bread crumbs**
**6 tablespoons olive oil**
**2 tablespoons minced capers**
**½ cup chopped ripe olives**
**6 anchovies, chopped**

Sliced the top off the peppers and remove the seeds carefully. Mix together the anchovies, bread crumbs, olives and capers. Stuff the pepper with this mixture. Place the pepper on an oiled baking pan. Pour 1 tablespoon of the olive oil on each pepper. Bake in a 350°F. oven for 35 minutes.

Serve hot or cold. The peppers may be used as the center of a rice ring; or in the midst of arrangement of olives, pimentos, tuna fish, celery, radishes and other similar ingredients around it.

## LAKSA

**2 cups banana blossoms sliced, worked in salt, rinsed**
**1 tablespoon cooking oil; salt**
**3 cups meat stock**
**1 small onion, sliced**
**½ cup pork, cooked and sliced**
**1½ cups squash tops**
**1 cup sotanghon, soaked**
**2 cloves garlic, crushed**
**1½ cups string beans, cut 1½-inches long**

Saute garlic. Add onion and pork. Add banana heart, string beans, and meat stock. Let boil, then simmer until vegetables are almost done. Add sotanghon and squash tops. Season. Cook till vegetables are done.

## BANANA BLOSSOM KILAWIN

**Salt and pepper**
**Vinegar**
**2 cups shrimp juice**
**4 tablespoons lard**
**1 onion, minced**
**4 cloves garlic, chopped**
**1 cup shelled shrimps**
**2 medium-size banana blossoms, sliced, worked in salt, rinsed**

Mix shrimp, onion, and vinegar. Saute garlic. Add shrimp mixture. Add shrimp juice. Simmer. Add banana blossom. Stir constantly until blossom is tender. Season.

## ADOBONG KANGKONG

**2 regular bundles of kangkong stems, cut into 1-inch long pieces**
**3 tablespoons soy sauce**
**½ teaspoon sugar and pepper**
**1 tablespoon vinegar**
**1 clove garlic**

Wash and sort kangkong. Saute the garlic. When brown, add kangkong. When partially cooked, add vinegar and bring to a boil. Season with soy sauce, salt and pepper. Serve hot.

Sigarilyas may be used instead of kangkong.

## GAZPACHO

**1 cucumber, peeled and sliced very thin**
**⅓ cup wine vinegar**
**⅓ cup olive oil**
**2 teaspoons Spanish paprika**
**1½ cups water**
**½ teaspoon pepper**
**2 teaspoons salt**
**4 green peppers, chopped**
**2 cloves garlic, minced**
**2 onions, chopped**

Combine the onions, garlic, green peppers and tomatoes. Force through a sieve or puree in an electric blender. Add the pepper, salt and paprika. Add olive oil gradually, beating steadily. Add vinegar, water, stir well. Season. Place in refrigerator to chill for at least 2 hours, using a wooden or glass bow; do not use a metal bowl. Add the cucumber slices before serving. If desired, sliced-off toast rubbed with garlic may be served with the gazpacho.

## PINACBET

½-1 cup water
¼ kilo pork, sliced into 1-inch strips
⅓ cup tomatoes, chopped
3 cloves garlic, minced
1 teaspoon chopped ginger
¼ cup bagoong (alimasag)
2 eggplants, quartered
2 pieces ampalaya or amargoso, quartered
½ teaspoon food seasoning
Salt to taste

Boil ½-1 cup of water in a saucepan. Drop the pork, tomatoes, garlic, ginger and bagoong. Simmer until pork is tender. Add the ampalaya and eggplants and cook until done. Season with food seasoning and salt if necessary.

NOTE: Dish should have very little broth when cooked.

## BANANA BLOSSOM PAELLA

1 tablespoon lard
1 cup rice
1 bay leaf
Dash of pepper
2½ cups clam stock
1 teaspoon salt
1 clove garlic, crushed
atsuwete
½ small onion, chopped
½ cup small shrimps, blanched
½ cup pork, cut in strips
½ cup clams, blanched
2 cups banana blossoms cut in strips worked in salt and rinsed

Saute garlic, onion, pork, and shrimp. Add stock. Let boil. Add banana blossom. Season with salt and pepper. Simmer for 5 minutes.

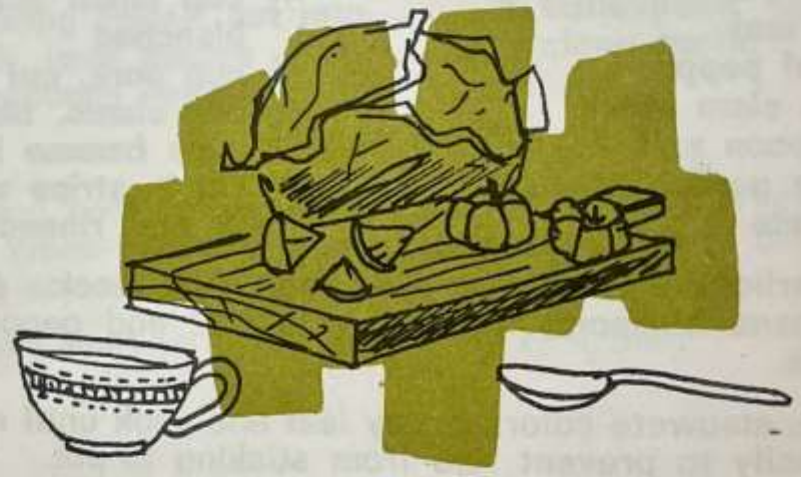
Add rice, atsuwete coloring, bay leaf and cook until rice is done. Stir occasionally to prevent rice from sticking to pot.

Garnish with shrimp and clams.

## CABBAGE ROLL

**1 head cabbage, (about ½ kilo)**
**¼ kilo beef, ground**
**¼ kilo pork, ground**
**1 onion, minced**
**1½ teaspoons salt**
**¼ teaspoon pepper**
**¼ teaspoon oregano**
**½ cup rice (raw) optional**
**1 cup tomato sauce or 1 cup fresh tomatoes, chopped**

Boil cabbage for 5 minutes. Remove from water and separate leaves. Mix remaining ingredients together, except tomatoes. Stuff leaves with filling and roll. Fasten with toothpick. Arrange in a saucepan. Pour tomatoes, cover and simmer about ½ hour .



## ADOBONG OKRA

**20 pieces fresh, very young okra**
**¼ cup water**
**¼ cup vinegar**
**½ cup pork, diced**
**3 tablespoons patis**
**4 cloves garlic, crushed**
**1 onion, chopped**
**1 teaspoon pepper**

Wash and parboil the okra in water. Set aside. Fry the pork. Push to one side of the pan. Saute garlic, onion and okra. Season with vinegar, patis and pepper. Cook until okra is tender crisp.

NOTE: Substitutes for okra may be kangkong, sitao or puso ng saging (banana heart).

## BAKED TOMATOES

**8 large firm tomatoes**
**Salt, pepper, and sugar**
**3 ounces macaroni or spaghetti, broken into pieces**

**Sauce**

**1½ cups milk**
**½ bay leaf**
**4 peppercorns**
**1 ounce butter**
**4 tablespoons flour**
**1½ teaspoons salt**
**Pinch of cayenne pepper**
**4 ounces cheddar cheese, shredded**
**½ cup cream**
**Breadcrumbs**
**A little butter**
**1 medium onion, finely chopped**

Cut a ¼-inch slice from the stem end of each tomato. Scoop out pulp and sprinkle insides of tomatoes with salt, pepper, and sugar.

Cook macaroni or spaghetti in plenty of boiling salted water for 15 minutes or until tender. Drain.

Sauce:

Heat milk, bayleaf, peppercorns and finely chopped onion in a small saucepan. Remove bay leaf and peppercorns. Melt butter add flour and cook a few minutes. Gradually add milk, stirring until sauce boils and thickens. Add salt, cayenne pepper, shredded cheddar cheese and cream; mix well. Fold in macaroni or spaghetti.

Spoon the mixture into the tomato cases, sprinkle tops with breadcrumbs and dot with butter. Bake in a moderate oven (350°F.) for 25 minutes.

Test Kitchen Note: The tomato pulp can be used in soups, stews or stock.

## SAUTEED SAYOTE

**2 tablespoons lard**
**2 tablespoons garlic**
**¼ cup onions**
**¼ tablespoon salt**
**Pepper to taste**
**½ cup pork**
**½ cup shrimps**
**4 cups sayote, cut into cubes**
**1 cup shrimp juice**

Boil the pork in salted water until tender. Cut into small cubes. Saute the garlic. Add the onions, tomatoes and pork. Add water and boil until tender. Then add the shrimp and shrimp juice. Cover and cook for 5 minutes. Add the sayote. Season with salt and pepper. Stir, cover and cook for 10 minutes.

Sayote can be substituted with upo (white squash).

## MONGO GUISADO

- 1 cup green mongo, boiled in 3 cups water
- 1 tablespoon cooking oil
- 2 cloves garlic, crushed
- 1 onion, chopped
- 6 tomatoes, chopped
- ½ cup pork boiled and sliced into strips
- ½ cup shrimps, peeled and sliced
- 2 tablespoons bagoong
- 4 cups water or broth
- 1 teaspoon salt
- 1 teaspoon food seasoning
- 1 cup sitsaron or cracklings, cut into pieces

Boil mongo until soft. Rub through a fine sieve or puree, set aside. Saute garlic, onion and tomatoes in oil. Drop pork and shrimps. Cook 1 minute. Add bagoong and mongo. Pour water and simmer, season with salt and food seasoning. Just before taking out from the fire add cracklings. Serve hot.

## SAUTEED TOGE

- ½ cup pork
- 2 cups mongo sprouts (toge)
- ½ cup medium-size shrimps
- ½ cup shrimp juice
- 1 tablespoon minced garlic
- 2 tablespoons chopped onions
- 1 teaspoon salt
- 1 tablespoon lard

Cut and boil the pork in salt and water until tender. Saute the garlic, onions pork, shrimps and salt. Finally add the mongo sprouts Cover and cook for a few minutes before adding the shrimp juice. Boil it. Add salt to taste.

## STUFFED CUCUMBERS

- 3 cucumbers
- 1 teaspoon onion, chopped
- ¼ cup celery, finely chopped
- 6 tablespoons mayonnaise
- ½ teaspoon salt
- ½ cup buttered crumbs
- 1 cup shrimp meat
- ½ cup soft bread crumbs
- 2 tablespoons lemon juice
- ¼ teaspoon pepper

Wash cucumber and cut in half crosswise. Pare then boil for 5 minutes or until almost tender. Cut off a thin slice from the length of each cucumber. Scoop out to make a shell about ½ inch thick. Sprinkle with salt. Chop the remove pulp.

Combine shrimp meat, onions, celery, soft bread crumbs, mayonnaise, lemon juice and seasonings,add the chopped cucumber pulp.

Fill cucumber shells with the mixture. Sprinkle with buttered crumbs and a dash of paprika. Place in a shallow dish containing a little water.

Bake in a moderate oven for 30 minutes or until browned.

## KINTSAY (Celery)

1 cup pork
2 cups kintsay, cut into 1-inch long pieces
2 pieces tokwa
2 tablespoons lard
2 tablespoons salt
2 tablespoons crushed garlic
1 onion
1 cup shelled shrimps
1 tablespoon patis
1 cup shrimp juice

Boil the pork in water and salt. When tender, cut into thin slices. Cut the tokwa lengthwise, then the onions. Peel the shrimps and cut lengthwise. Pound the shells and the heads and add water.

Fry the tokwa first, then saute the garlic in lard. Add the onions, pork, shrimps, shrimp juice and patis. Cover and cook till the shrimps are done. Add the kintsay. Cook for a few minutes and serve. Do not overcook the kintsay. Remove from the fire when it is half-cooked.

## AMPALAYA

6 cups ampalaya, sliced crosswise (slantingly)
4 tablespoons lard
1 cup shrimp meat
1 duck's egg
1 cup tomatoes, chopped
Salt and pepper to taste
½ cup boiled pork
½ cup shrimp juice
¼ cup sliced onions
1 tablespoon pounded garlic

Soak the sliced ampalaya in 2 cups of water and ½ cup of coarse salt for 1 hour. Then drain, but do not squeeze. Rinse several times in cold water to remove the salt and the bitter taste. Blanch with 3 cups of hot water, drain and set aside.

In a saucepan, saute the garlic in lard till light brown. Add the onions, the tomatoes and enough salt to taste. Cover and cook for 5 minutes. stirring it once or twice to prevent scorching. Add the pork, shrimp meat, and the vegetables. Season with salt and pepper. Stir and add the shrimp juice. Stir again and cook for 5 minutes. Beat the duck's egg and add it to the vegetable mixture 1 minute before removing from the fire.

## KADYOS

**2 cups kadyos (dried or fresh from pods)**
**¼ cup bagoong**
**2 cups okra**
**2 cups tomatoes**
**1 fish**
**2 cups sitaw or paayap**
**2 cups onions**
**⅓ cup malunggay**
**Salt**

Wash the vegetables. Clean the fish and cut into half-inch pieces. Boil the kadyos in 1 cup water until soft. Prepare the okra, sitaw or paayap by cutting them into 1-inch pieces. Separate malunggay leaves from stem. Chop the tomatoes and onions. Broil the fish. In a saucepan, put together all the vegetables; add ½ cup water. When boiling, add the bagoong and cooked kadyos and the fish. Serve hot.

## CURRIED VEGETABLES

**1 cup pork**
**1 cup carrots**
**1 cup sayote**
**½ cup squash fruit, sliced**
**2 cups thick coconut milk**
**1 tablespoon garlic**
**4 tablespoons onions**
**1 tablespoon curry powder**
**2 tablespoons lard**
**½ cup shrimp juice**
**Salt and pepper to taste**
**Bagoong**

Saute the garlic until light brown, then add the onions and stir. Season with salt and pepper and cover. Cook for 15 minutes. Add all the vegetables, the curry powder and bagoong when the vegetables are half-cooked. Serve hot.

## PATOLA WITH SHRIMP AND PORK

**4 fresh, young patola**
**1 onion, minced**
**1 cup pork**
**½ cup shelled shrimps, with back split and blue veins removed**
**¼ cup shrimp juice**
**Salt and pepper**

Boil the pork in salt and water. Remove the meat when tender. Peel the patola, divide lengthwise into pieces 1 centimeter thick Saute the garlic in hot fat until golden brown. Add the onions, pork and the shrimps. When the shrimps are done, add shrimp juice and boil for several minutes. Add the patola, salt and pepper. When the patola is almost done, dilute with water, then continue cooking and stirring lightly until patola is done.

## BEAN STEW

**2 cups pork**
**1 cup dry beans**
**¼ cup salted pork**
**3 tablespoons lard**
**¼ cup onions**
**½ cup tomatoes**
**2 tablespoons crushed garlic**
**Salt and pepper**

Boil the beans in water. Add the salted pork. When both are tender, remove from fire. Saute the garlic in lard, then add the onions, tomatoes, cooked pork and cooked beans. Stir and cook slowly. Add salt and pepper to taste.

## BATAW

**2 cups sliced bataw**
**1 onion**
**½ cup shrimps**
**4 tablespoons bagoong**
**½ cup tomatoes**
**2 segments garlic**

Remove the edges from the bataw and wash very well. Cut into fine strips. Saute the garlic, onion, tomatoes and shrimps. When well-done, add the bagoong and stir in the shrimp juice. Lastly, add the bataw. Cook until done.

## STUFFED CARROTS

**12 small carrots**
**4 teaspoons onion, grated**
**¼ cup mayonnaise**
**½ cup buttered crumbs**
**Salt and pepper**
**¼ cup chopped ham**

Scrub carrots and boil about 10 minutes or until tender. Rub off skin under cold water. Cut off a thin slice from the length of each carrot and scoop out to make a shell about ¼ inch thick. Sprinkle salt.

Chop the remove pulp and add onion, ham and mayonnaise; season.

Fill carrot shells with the chopped mixture. Sprinkle with buttered crumbs and a dash of paprika. Place in a shallow baking dish containing a little water. Pour a little bacon fat, meat drippings or butter over each stuffed carrot.

Bake in a moderate oven about 30 minutes or until browned.

## SQUASH WITH COCONUT MILK

**½ regular-size squash**
**½ cup shrimps**
**2 cups thick coconut milk**
**½ onion, sliced**
**4 cloves garlic**
**2 teaspoons salt**
**3 tablespoons lard**
**Pepper to taste**

Pare the squash and cut into cubes. Grate the coconut and extract 1 cup thick coconut milk. Set aside. Extract again another cup for cooking.

Saute the garlic, onion and shrimps. Add the squash and coconut milk; cook until done. Before removing it from the fire, add the thick coconut milk and stir. Serve hot.

## CREAMED PEAS AND CUCUMBERS

**4 cups shelled green peas**
**1 medium-size onion, sliced**
**1 teaspoon salt**
**2 cups boiling water**
**2 small cucumbers, peeled and diced**
**3 tablespoons butter or margarine**
**1 cup cream or rich milk, scalded**

Combine the peas, onion, and salt in a saucepan; add the boiling water and cover. Cook until the peas are almost tender, about 15 minutes. Add the cucumbers and continue cooking until these also are tender. Drain, cream, and let boil once. Serve very hot. Sour cream may be used for a particularly delicious and unusual dish.

## BAKED MUSHROOMS

**1 clove garlic, minced**
**1 tablespoon grated Parmesan cheese**
**1 onion, grated**
**½ cup bread crumbs**
**2 tablespoons chopped parsley**
**⅛ teaspoon basil**
**1 teaspoon salt**
**⅓ cup olive oil**
**¼ teaspoon pepper**
**2 tablespoons wine vinegar**
**1½ pounds mushrooms, sliced**
**½ pound butter**

Combine the onion, parsley, garlic, salt, basil, pepper, oil and vinegar in a bowl. Add the mushrooms and allow to marinate for 3 hours, basting frequently. Drain. Melt half the butter in a skillet. Add the mushrooms, cook over high heat for 1 minute. Reduce the heat to low and cook for 10 minutes, stirring frequently. Butter a baking dish very well and place the mushrooms in it. Sprinkle the bread crumbs and Parmesan cheese on top and dot with the remaining butter. Place under the boiler until brown.

## KAMANSI

**4 kamansi**
**2 cups pork, cut into cubes**
**½ cup shrimps**
**1 cup shrimp juice**
**2 segments garlic**
**1 onion**
**2 to 3 tomatoes**
**1 cup thick coconut milk**
**Salt and pepper to taste**

Peel the kamansi, and cut into regular pieces. Soak in water with salt to prevent darkening. Boil the pork in 1 cup water and salt until tender. Set aside.

Saute the garlic, onion and tomatoes. Add the softened pork. Then add the shrimps and season with salt and pepper. When done, stir in the shrimp juice and coconut milk. As soon as it boils, add the kamansi. Continue cooking until done.

## SAUTEED SITAW

**½ cup pork meat**
**1 cup shrimp meat**
**4 cups string beans (sitaw), cut into 1-inch long pieces**
**½ cup tomatoes**
**3 tablespoons lard**
**1 tablespoon garlic**
**Patis and pepper to taste**
**½ onion**

Boil the pork in water until tender; cut into small pieces. Set aside. Saute the garlic and onion, then the tomatoes finely cut. Cook for a few minutes. Cook for a few minutes. Then add the string beans and the broth where the meat has been boiled. Add the patis and pepper to taste.

## EGGPLANT STUFFED WITH HAM

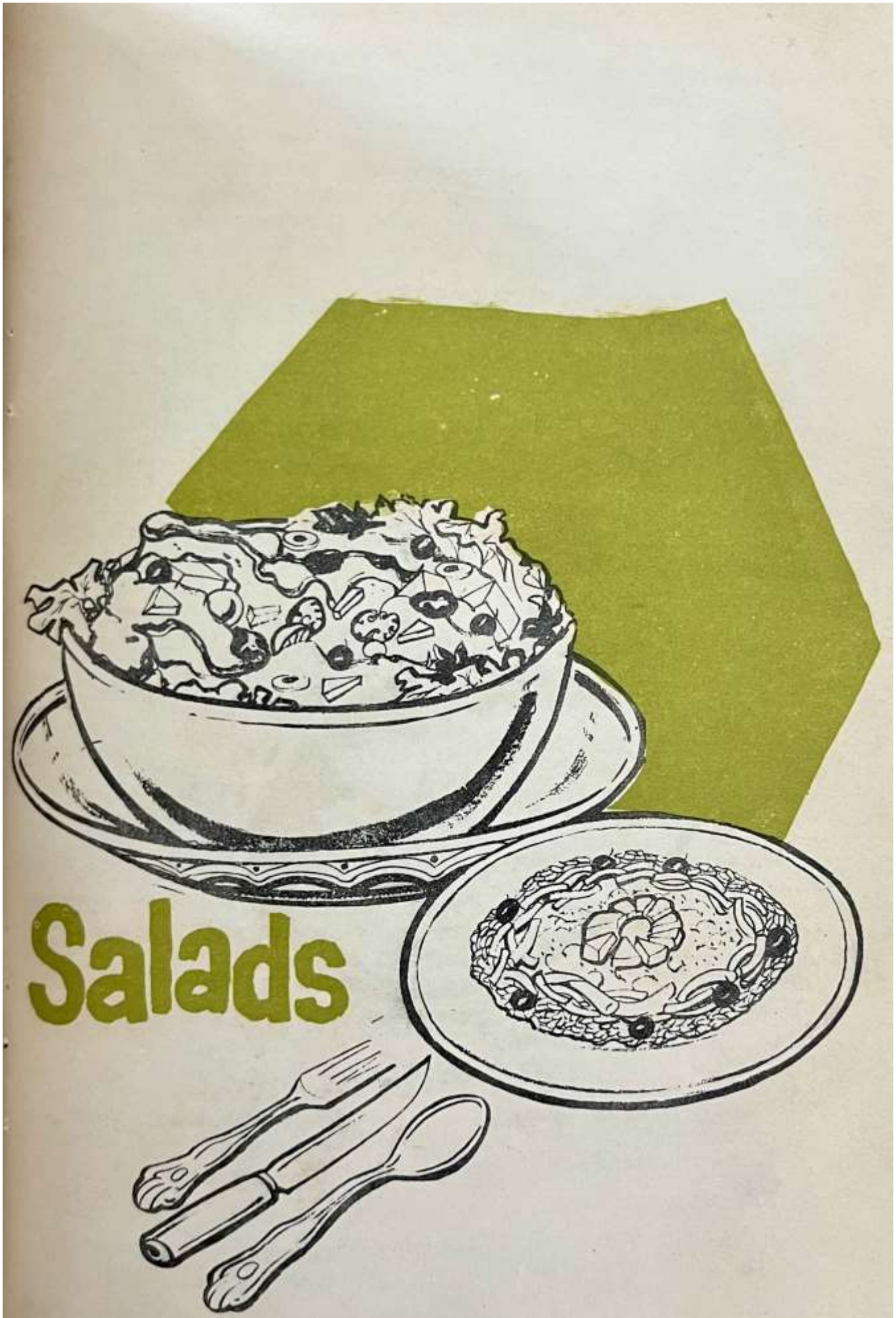
**4 large eggplants**
**1 onion, minced**
**1 green pepper, chopped fine**
**2 tomatoes, quartered**
**Salted water**
**2 tablespoons butter**
**½ teaspoon salt**
**⅛ teaspoon pepper**
**1 cup diced, cooked ham**
**Bread crumbs**

Wash and dry eggplants and cut off a slice from top. Scoop out inside to within ½ inch of skin. Cover shell with salted water and set aside. Chop eggplant pulp and combine with onion, pepper and tomatoes. Cook in a small amount of boiling salted water until tender. Drain and mash. Add butter, salt, pepper, and ham. Drain shell well and fill with mixture. Sprinkle top with bread crumbs and bake in moderate oven about 25 minutes.

## CORN AND TOMATO CASSEROLE

**8 to 12 ears fresh corn**
**¼ cup butter or bacon drippings**
**2 cups water**
**4 slices crisp bacon, crumbled**
**1 teaspoon salt**
**2 large tomatoes, peeled and sliced**

Cut corn from cob. There should be 4 to 5 cups of corn. Melt butter or drippings in skillet, add corn and saute quickly for about 5 minutes. Add water, bacon and salt and arrange in buttered casserole in alternate layers placing the sliced tomatoes on top. Place in a moderate oven and bake about 30 minutes. Serve hot.



# Salads

## MILAN POTATO SALAD

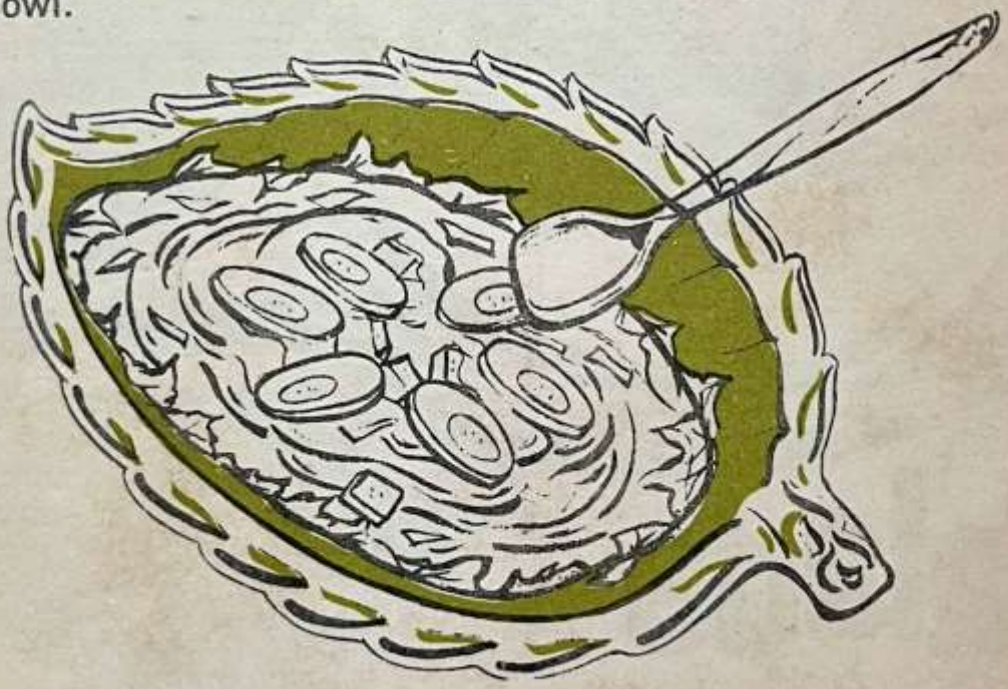
**1 kilo potatoes, diced**
**1 cup salad dressing**
**¾ cup diced celery**
**Seasoning**

Toss diced potatoes and celery with salad dressing. Season with salt and pepper. When ready to be served, garnish with parsley, fancifully sliced fresh orange, cucumber, tomatoes and olives.

## COLESLAW

**1 cup salad dressing**
**6 cups shredded green cabbage**
**½ cup chopped ham**
**¼ cup nuts**
**1 cup diced pineapple**
**1 cup diced apples**
**1 teaspoon mustard**
**Salt to taste**

Combine salad dressing, mustard and seasonings. Toss lightly with cabbage and remaining ingredients. Chill and serve in a lettuce-lined bowl.



## GARDEN SALAD

**1 small head of cabbage, shredded**
**¾ cup mayonnaise**
**4 large tomatoes, sliced**
**2 hard-cooked eggs, sliced**

Mix together thoroughly shredded cabbage and mayonnaise. Line a 2-quart heat-resistant glass utility dish with cabbage salad. Fill center of dish with sliced tomatoes.

Place alternate rows of sliced cucumber and hard cooked eggs on top of the shredded salad. Serve at once.

## CUCUMBER SALAD

**4 medium size cucumbers**
**1 cup commercial sour cream**
**1½ tablespoons vinegar**
**Salt to taste**
**¼ cup salad oil**
**½ teaspoon sugar**
**2 tablespoons snipped fresh dill**
**¼ teaspoon pepper**

Early on the day or two hours before serving:

1. Wash, but do not pare cucumbers. Slice them very thin; place in bowl with 1 tablespoon salt; mix thoroughly, then refrigerate about 1 hour.

2. Drain all water from cucumbersthen add to them sour cream, vinegar, salad oil, sugar, dill, 1½ teaspoons salt and pepper, mixing until well blended. Transfer to salad bowl, then refrigerate until serving time.

## LOMI LOMI SALMON

**1½ lbs. fresh or salted salmon**
**3 to 4 firm, ripe, medium-size tomatoes**
**2 or 3 spring onions or scallions, finely chooped**
**Lemon slices**

Debone and remove skin from salmon. Shred or dice. Place in bowl and chill. Dice tomatoes. Place in separate bowl and chill. Just before serving, toss salmon and tomatoes together. Garnish with finely chopped onions. If desired serve lemon slices.

## TURNIP (SINCAMAS) SALAD

**10 pieces turnip, medium-size**
**4 pieces sweetpepper (red and green)**
**3 pieces carrots**
**2 pieces onions**
**5 stems celery**
**1 kilo lettuce**
**French Dressing**

Pare turnips and slice into strips, then soak in cold water. Slice sweet pepper, carrots, onions and celery into strips also and add to turnips. Drain all vegetables and keep in freezer till serving time. Toss salad in modified French dressing 10 minutes before serving.

Place in individual salad plate or salad bowl, with lettuce leaves as bedding.

## VEGETABLE PLATTER

On a large platter arrange in rows, baked tomatoes, cucumber buttered baby carrots, and bread crunchies.

## SHRIMP SALAD

- 1 cup milk
- 1 cup fresh or dried grated coconut
- 2 pounds shrimp, peeled and cleaned
- 2 cups water
- 2 teaspoons salt
- 1 bay leaf
- 1 tablespoon olive oil
- 2 cloves garlic, minced
- 2 shallots, minced or ½ onion grated
- 2 green peppers, chopped
- 2 tablespoons soy sauce
- 1 apple, peeled and grated
- 3 tablespoons chopped peanuts

Combine the milk and coconut in a saucepan. Bring to a boil, remove from the heat and soak for 30 minutes. Press all the milk from the coconut and discard the pulp. Combine shrimp, water, salt and bay leaf in a saucepan. Boil for 8 minutes. Drain, and split the shrimp lengthwise. Chill for an hour.

Heat the olive oil in a saucepan. Add the garlic and shallots and saute 2 minutes, stirring frequently. Remove from the heat, and add green peppers, soy sauce, grated apple and peanuts, Mix well. Combine mixture with coconut milk and chill at least an hour. Arrange shrimp on platter and pour sauce over them. Serve cold.

## FRUIT SALAD

**1 cup mango**
**1 cup sliced pineapple**
**1 cup avocado**
**3 bananas (lakatan)**
**½ cup chopped nuts**
**1½ cups water**
**1 cup melon**
**1 can condensed milk**
**1 cup mayonnaise**
**1 bar white gulaman**
**¼ cup sugar**
**Salt**

Cut the fruits into cubes. Mix them and drain very well. Season with salt and sugar (about 1 teaspoon salt and ½ cup sugar). Beat condensed milk with ½ teaspoon salt.

## FISH SALAD

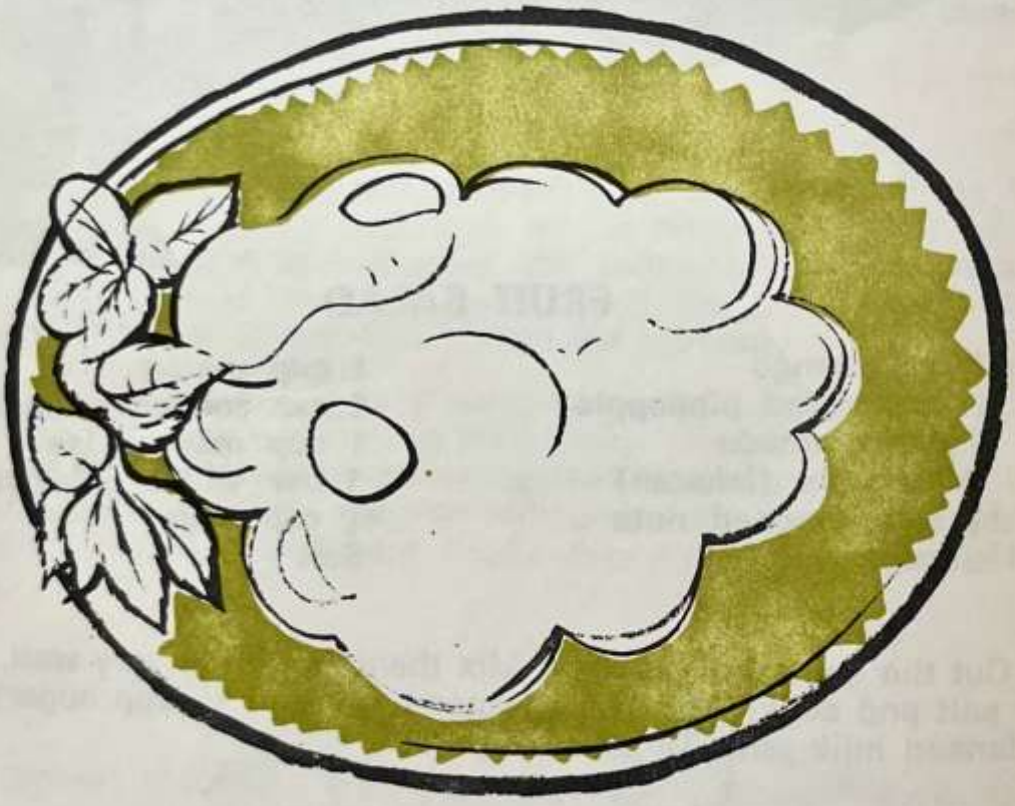
**1 cup fish cooked**
**½ cup mayonnaise**
**2 tablespoons lemon juice**
**salt and pepper**
**Capers**
**¼ cup gherkins, sliced**
**¼ cup radish, grated**

Cold cooked fish is cut into inch-length pieces, put in a salad bowl with mayonnaise dressing and lemon juice, garnished with capers and sliced gherkins and sometimes sprinkled with grated radish.

# CAULIFLOWER SALAD

**1 small cauliflower head**
**½ cup French dressing**
**1 teaspoon salt**
**½ cup grated cheese**
**Lettuce**

Soak cauliflower in cold water to which 1 teaspoon salt has been added. Rinse in cold water, then separate into flowerets. Cook in rapidly boiling salted water, uncovered, from 5 to 6 minutes or until about tender. Drain, cool, and pour French dressing over cauliflower; allow to stand half an hour in refrigerator. Add cheese; toss thoroughly. Serve chilled on crisp lettuce leaves.



# PINEAPPLE-BUCO SALAD

**1 can condensed milk**
**2 egg yolks**
**2 buco (young coconut)**
**1 can pineapple tid-bits**
**1 cup kaong boiled until tender**

Cook condensed milk and egg yolks over double boiler until thick Stir continuously. Cool. Blend buco, pineapple, kaong and salad dressing. Pour on a pan and chill. Serve cold.

## HOT POTATO SALAD

- 6 slices bacon, cut into pieces
- 4 pieces hot dog, sliced
- 4 cups raw yellow potatoes, cubed (about ¾ kilo)
- ½ cup onions, chopped
- 1 cup boiling water
- 1 tall can evaporated milk
- 2 teaspoons prepared mustard
- ½ cup vinegar
- 1 teaspoon salt
- ¼ teaspoon white pepper

Cook bacon. Set aside. Fry hot dogs in bacon fat. Set aside. Fry onions and potatoes. When fat is absorbed, add water. then evaporated milk. Continue cooking over low heat stirring occasionally until potatoes are cooked and sauce thickens. Mix vinegar, salt, mustard and pepper. Add this to potato mixture very slowly, stirring constantly. Do not allow sauce to dry. Remove from fire, add fried bacon and sliced hot dog. Serve hot.

## CHICKEN POTATO SALAD

- 1 cup cooked chicken, shredded
- 2 cups cooked potatoes, cubed
- ¼ cup cooked carrot, cubed
- ¼ cup celery, cut in ¼" pieces
- 2 tablespoons sweet relish
- ½ cup cooked beets, diced
- 1 cup mayonnaise

Combine all ingredients except beets together. Blend thoroughly. Fold in beets. Serve cold on a bed of lettuce. Garnish with chopped eggs and parsley.

## COLESLAW

- 1 medium cabbage, (about 2 cups) shredded
- 1 carrot, shredded
- ½ cup raisins
- ½ cup pineapple tidbits, drained
- ¼ cup peanuts, chopped

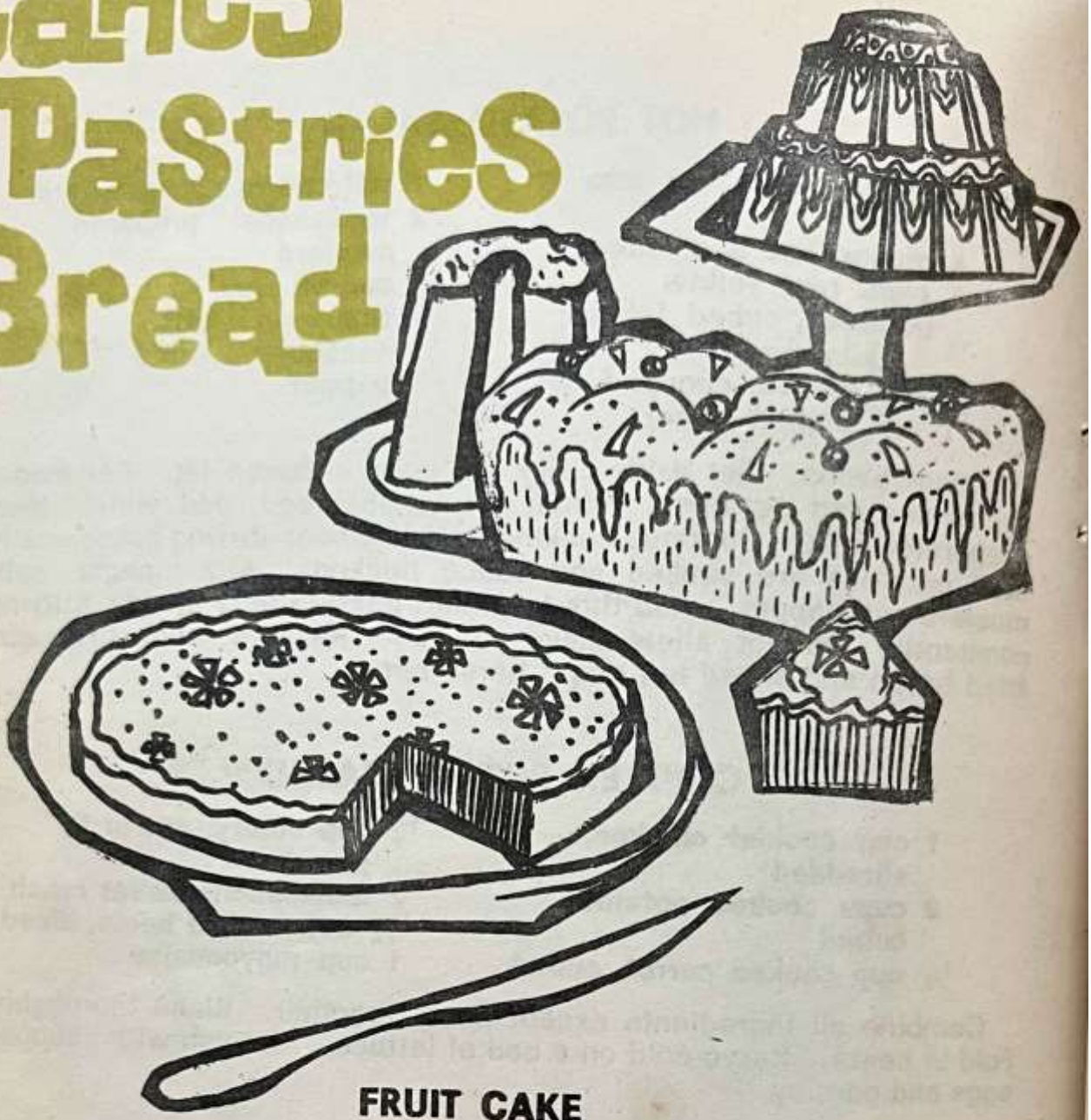
Toss ingredients together. Add mayonnaise and blend well. Serve cold.

## SUNBURST SALAD

- 3 cups apples
- 1 can pineapples
- 1 can fruit cocktail
- 1½ cups thick cream
- ¾ cup refined sugar

Cut the apples and pineapple into cubes. Mix and drain well. Add thick cream and sugar. Mix well. Chill. Serve on bed of crisp lettuce. Garnish with slices of ripe avocado for sunburst setting.

# Cakes Pastries Bread



## FRUIT CAKE

- 3 cups shredded citron
- 3 cups diced crystallized pineapple
- 1 cup shredded blanched almonds
- ⅓ cup shredded candied orange peels
- 2 teaspoons baking powder
- 2 cups sugar
- 1 teaspoon vanilla
- 1 teaspoon salt
- ¾ cup wine or fruit juice
- 12 egg whites
- 4½ cups sifted flour
- 2 cups butter
- 3 cups crystallized cherries

Combine fruits and almonds. Sift 3 cups of flour with the baking powder and salt and sprinkle the remaining cup of flour over the fruits and almonds, stirring thoroughly. Cream the butter and sugar together, then add the sifted dry ingredients with the wine or fruit juice. Mix very thoroughly and then work in the fruit-nut mixture and the vanilla. Finally fold in the stiffly beaten egg whites. Turn into a well-greased tube pan lined with greased paper and bake in a slow oven for 2½ to 3 hours.

## CHRISTMAS CAKE

2¼ cups cake flour
½ cup shortening
5 eggs
¾ cup blanched almonds, chopped
¼ cup candied lemon peels, chopped
½ teaspoon salt
1 teaspoon baking powder
½ cup butter
1 teaspoon lemon flavoring
1 cup sugar
1 teaspoon brandy
1 cup shredded moist coconuts

Sift flour. Add baking powder and salt and sift again. Cream butter and sugar together, until well-blended. Add eggs one at a time, beating after each addition. If you use a mixer, beat with slow speed throughout. Mix in lemon and brandy flavoring, almonds, coconut, and lemon peels. Stir in dry ingredients. Turn batter into greased and floured 9-inch tube pan. Bake in slow oven for 1¼ hours. When cool, store in air-tight container.

## BUTTER CAKE

1 cup butter
2 eggs
½ teaspoon salt
1 cup sugar
2 cups sifted cake flour
1 teaspoon flavoring
2 teaspoons baking powder
¾ cup milk

Cream the butter until very light, gradually adding the sugar and continuing the cream until the mixture is light and fluffy. Add any preferred flavoring and the egg, one at a time, beating each thoroughly after each addition. Add the sifted dry ingredients alternately with the milk and again beat until smooth. Turn the batter into greased cake pans and bake in a moderate oven for about 25 minutes. After baking, place the cake (still in the pan) on a cooling rack for 3 or 4 minutes, then loosen the edges of the cake from the pan with a spatula and turn out into the cooling rack. Be sure that the cake is always thoroughly cool before filling or icing.

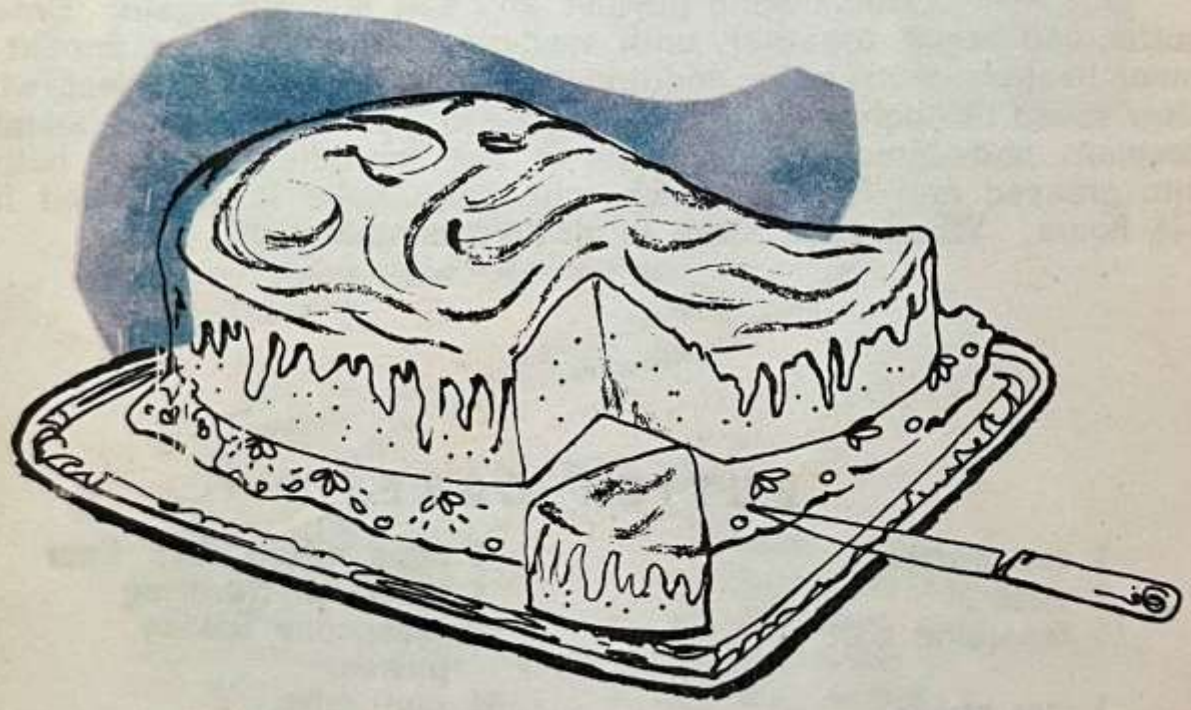
# BIRTHDAY CAKE

**½ cup butter**
**2½ cups flour**
**1¼ tablespoons cherry**
**½ cup walnut meat**
**2 tablespoons candied orange peels**
**1 teaspoon vanilla**
**1¼ cups brown sugar**
**⅔ cup milk**
**3½ teaspoons baking powder**
**½ cup raisins**
**½ cup currants**
**1 teaspoon orange extract**

**2 egg whites beaten stiff**
**2 egg yolks**

Cream the butter, add sugar gradually and continue beating. Add egg yolks beaten until thick and lemon-colored. Sift flour with baking powder and add alternately with the milk to the first mixture. Mix the raisins and nuts with orange peels, cut into pieces and dredge with flour. Then combine with the mixture. Add by folding the egg whites beaten until stiff and dry. Bake in a buttered and floured angel cake pan in a slow oven for 1½ hours.

Cover with ornamental frosting: 3 egg whites, 1 tablespoon lemon juice and powdered sugar.



# MANGO CAKE

**10 egg whites**
**1 cup sugar**
**10 egg yolks**
**¼ cup water**
**1 teaspoon vanilla**
**1 cup sugar**
**2 cups sifted cake flour**

Beat egg whites until foamy. Gradually add sugar, continue beating until very stiff but not dry. Set aside. Beat egg yolks with water and vanilla until creamy. Gradually add sugar, beating well until thick and lemon colored. Fold egg yolks alternately with flour into egg whites. Pour in a paper-lined 13" rectangular pan and bake at 350°F. 20-25 minutes. Cool. Prepare icing.

## BASIC CHOCOLATE CAKE

**1 cup butter**
**1¼ cups sugar**
**5 egg yolks**
**⅔ cup cocoa**
**2½ cups cake flour**
**1 teaspoon baking soda**
**1 cup milk**
**5 egg whites**
**½ cup sugar**

Cream butter until light and fluffy, adding the sugar and yolks gradually. Sift flour, soda and cocoa together. Add the flour-cocoa-soda mixture, alternately with the milk beginning and ending with the flour mixture. Beat egg whites adding the sugar gradually until stiff but not dry. Fold the egg whites into the chocolate mixture using the cut and fold strokes. Pour into prepared pans and bake in moderate oven (350°F.) for 40-45 minutes or until cake springs back when lightly touched. Cool the cake.

## COCONUT-PILI CHOCOLATE CAKE

Follow the Basic Chocolate Cake recipe. Cover top with Coconut-Pili Frosting.

## COCONUT-PILI FROSTING

**1 can condensed milk**
**3 egg yolks**
**¼ lb. butter**
**1 teaspoon vanilla**
**1⅓ cups fresh coconut**
**1 cup chopped pili nuts**

Combine first 4 ingredients together. Cook and stir over double boiler until mixture thickens. Add coconut and pili nuts. Beat until frosting is thick enough to spread.

# PEACH MERINGUE CAKE

**Meringue**
- 3 egg whites
- 1 teaspoen vanilla
- 1/8 teaspoon salt
- 1/2 teaspoon cream of tartar
- 3/4 cup granulated sugar

**Cake**
- 1 cup once-sifted all-purpose flour
- 2 teaspoons baking powder
- 1/2 teaspoon salt
- 1/2 cup sugar
- 3 egg yolks
- 1/2 cup shortening
- 1 teaspoon almond extract
- 9 peach halves (drained)
- Strawberry jelly
- 1/2 cup cream

Preheat oven to 350°F. (moderate). Grease a 9-inch square pan. Beat egg whites and salt until frothy. Add cream of tartar and beat until stiff and dry. Beat in sugar slowly, 2 tablespoons at a time until mixture stands in very stiff peaks. Add vanilla and beat until blended. Set aside.

Sift flour, baking powder, salt and sugar in a medium bowl. Add unbeaten egg yolks, light cream, shortening and almond extract. Beat 2 minutes with electric mixer or 300 strokes by hand. Pour into prepared pan.

Spread meringue on top of batter. With back of spoon shape 9 "cups" in meringue to hold peach halves.

Bake for 35 minutes or until meringue is light brown and dry. Remove from pan and cool.

Place drained peach halves in each cup. Garnish with strawberry jelly, in center hollow of each peach.

## BASIC SPONGE CAKE

**1 cup sifted cake flour**
**1 teaspoon baking powder**
**¼ teaspoon salt**
**5 egg yolks**
**¼ teaspoon salt**
**2 tablespoons cold water**
**1 teaspoon vanilla**
**½ cup sugar**
**5 egg whites**
**½ cup sugar**
**½ cup sugar**

Sift flour, baking powder and salt together. Set aside. Beat egg yolks with salt, cold water and vanilla until light. Gradually add sugar, beating well until thick and lemon-colored. Set aside. Beat egg whites until soft peaks are formed. Gradually add sugar, beating well until very stiff but not dry. Fold egg yolks alternately with flour-mixture into egg whites. Pour into prepared pans. Bake at 350°F. about 20-25 minutes. Cool and frost with favorite icing.

## CHOCOLATE FROSTING

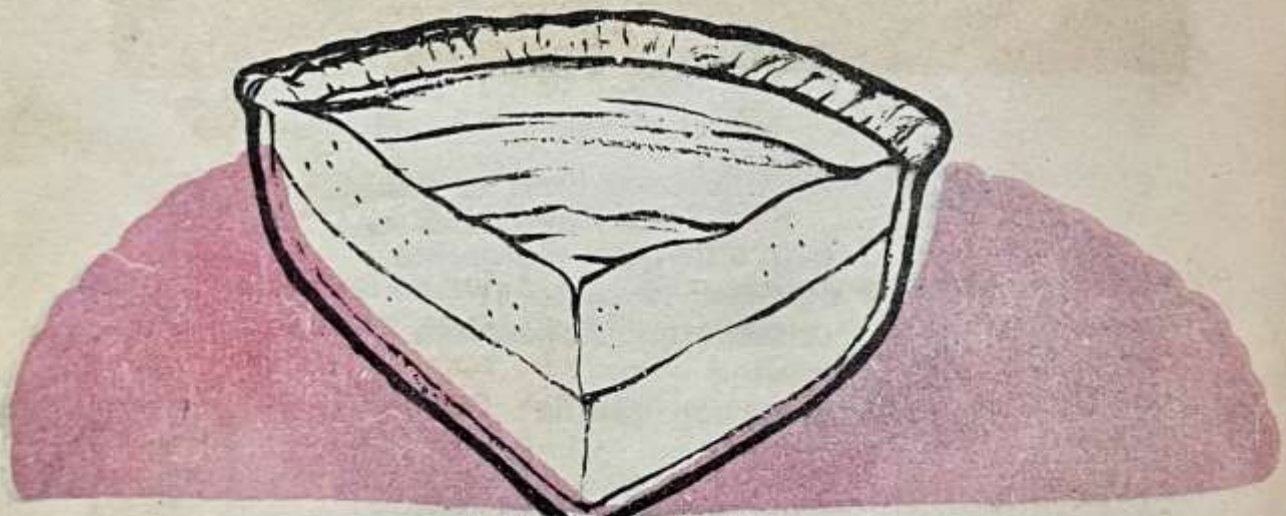
**¼ cup soft-type margarine**
**2 squares (2 ounces) unsweetened chocolate, melted**
**1 teaspoon vanilla**
**1 egg**
**2 ¼ cups sifted confectioners sugar**
**1 tablespoon milk**

Combine soft-type margarine, melted chocolate, vanilla and egg. Gradually blend in confectioners' sugar alternately with milk.

## WISE-OWL CAKE

**2 cups sifted cake flour**
**2 teaspoons baking powder**
**¾ teaspoon salt**
**⅔ cup orange juice**
**Candy orange slices, optional**
**3 eggs**
**⅔ cup soft-type margarine**
**1⅓ cups sugar**
**1 teaspoon grated orange rind**
**1½ teaspoons vanilla**
**¼ cup nonfat dry milk powder**

Beat eggs in small bowl until light and lemon-colored; set aside. Blend together soft-type margarine, sugar, grated orange rind and vanilla in large mixing bowl. Add beaten eggs and dry milk powder; blend well. Sift together flour, baking powder and salt, add to creamed mixture alternately with orange juice. Turn into two 8-inch layer cake pans that have been coated with soft-type margarine and dusted with flour. Bake in 350°F. oven 25 to 30 minutes, until cake is light brown and pulls away from sides of pans. Let cake cool in pans for 10 to 15 minutes; turn out onto cake racks and finish cooling. Fill and frost with Chocolate Frosting. If desired, garnish with pieces of candy orange slices. One 8-inch cake.



## APPLE PIE

### (Crust)

Prepare pastry for 2-crust pie. Prepare the filling.

Filling

**¼ cup brown sugar, packed**
**¼ cup granulated sugar**
**2 tablespoons all-purpose flour**
**¼ teaspoon salt**
**¾ teaspoon cinnamon**
**¼ teaspoon nutmeg**
**2 tablespoons butter or margarine**
**1½ cups sliced canned apples or**
**8-10 green tart apples, sliced**

Combine first 7 ingredients together. Blend well. Coat apples gently with sugar-spice mixture. Spoon into pie crust. Cover with crust. Bake at 427°F. about 40-45 minutes or until apples are cooked and pie crust is golden brown.

## ROYAL KING CHIFFON CAKE

¼ cup butter or margarine
2 tablespoons brown sugar, firmly packed
1 cup cashew nuts, coarsely chopped
¼ cup garbanzos, coarsely chopped
4 teaspoon instant coffee
½ cup hot water
2¼ cups White King Cake Flour, sifted
3 teaspoons baking powder
1 teaspoon salt
¾ cup granulated sugar
½ cup salad oil
8 egg yolks
3 tablespoons cherry brandy
1 teaspoon vanilla extract
1 cup egg whites
½ teaspoon cream of tartar
¾ cup granulated sugar

Preheat oven to 325°F. Melt butter and brown sugar in a saucepan, add nuts and garbanzos; toss with a fork to blend. Cool.

Dissolve coffee in hot water and cool. Sift together White King Cake Flour, baking powder, salt and sugar into a bowl.

Make a well in the center and add oil, egg yolks, coffee, cherry brandy and vanilla. Stir with a wooden spoon, pressing mixture against sides of bowl until smooth. Beat egg whites with cream of tartar until soft peak form. Add remaining sugar and continue beating until stiff but not dry. Fold batter into beaten egg whites. Fold in nuts-garbanzos mixture and blend well. Pour into ungreased 10 × 4-inch tube pan and bake for 55 minutes or until done. Invert pan and cool. Frost and decorate with Boiled Icing using the star tip or tip no. 93.

## MANGO CRUNCH PIE

**24 pieces sugar or vanilla wafers**
**½ cup cashew nuts, chopped**
**¼ cup butter or margarine**
**1 can (1 lb. 4 oz. can) mango slices or 5 medium-size ripe mangoes, sliced**
**1 egg**
**1 teaspoon lemon juice or calamansi juice**
**⅓ cup granulated sugar**

Crush sugar wafers with rolling pin to make fine crumbs. Combine with nuts. Melt butter or margarine and toss into mixture. Set aside. Drain mangoes thoroughly and set aside. Beat egg slightly, add lemon juice and sugar. Set aside.

Pastry Shell:

**1 cup White King All Purpose Flour, sifted**
**½ teaspoon salt**
**⅓ cup shortening**
**3-4 tablespoons cold water**

Preheat oven to 400°F. Sift White King All Purpose Flour with salt into a bowl. Cut in shortening with pastry blender ortwo knives, until particles are pea-sized. Add water little by little, tossing with a fork until flour is moistened.

Gather dough together and roll out on a floured surface. Fit pastry into a 9-inch pie pan. Flute edges. Turn drained mangoes into pie shell, pour egg-calamansi or lemon juice mixture over mangoes. Sprinkle crumb mixture over filling. Bake in preheated oven for 25-30 minutes or until pastry is browned and filling is set in center. Cool thoroughly before cutting.

# PIZZA CON SALSICCIA

- 1¼ teaspoons active dry yeast
- ½ cup warm water
- 1¾ cups White King All Purpose Flour
- ½ teaspoon salt
- 1 tablespoon olive oil
- 6-8 native sausages, (long), cut up
- 1 cup water
- ¼ teaspoon pepper
- 1 cup tomato sauce
- ¼ cup cheddar cheese, grated

Soften yeast in warm water. In a bowl, mix together White King All Purpose Flour and salt. Make a well in the center and add softened yeast and oil. Mix well. Knead thoroughly until smooth. Form into a ball. Place in a greased bowl and brush surface of dough with oil. Cover with a damp cloth and let rise in a warm place about 1½ hours or until dough has risen to double its size. Meanwhile, cook the cut up native sausages in water over medium heat. Remove from fire and cool. Punch down risen dough and spread in a greased pizza pan, 10 inches in diameter, by patting with hands until dough is about ½-inch thick. Spread sausage on dough. Add pepper to tomato sauce and spread on dough. Sprinkle grated cheese on top. Bake in a preheated oven at 425°F. for 30 minutes or until pizza is golden brown. Cut and serve while hot.

## MINIATURE FISH CRESCENTS

**½ cup butter or margarine**
**⅓ cup heavy cream**
**1 cup White King All Purpose Flour, sifted**
**1 can sardines, drained**
**1 teaspoon lemon juice or calamansi juice**
**Dash of curry powder**
**Salt and pepper to taste**
**2 hard-cooked eggs, chopped**
**2 tablespoons parsley, chopped**

Combine butter and heavy cream and stir until mixture is well blended. Add White King All Purpose Flour and mix with a fork. Knead dough and form it into a ball before chilling. Refrigerate for 1 hour. Meanwhile, prepare filling. Mash sardines. Add lemon or calamansi juice, curry powder, salt, pepper and parsley; mix well. Preheat oven to 450°F., 10 minutes before putting in the crescents to be baked. Get dough out from the refrigerator and roll out on a floured board to about ⅛-inch thickness. Cut into 4-inch squares. Cut squares into half to form triangles. Place a teaspoon of sardine mixture in center of each triangle.

Roll from wide edge towards point, twisting ends to seal. Turn ends to form crescent. Place on baking sheet and bake in preheated oven for about 10 minutes or until golden brown.
Yield: 1 dozen

## BUCO PIE
### (Crust)

Follow recipe for two 8-inch crust pie. Prepare filling.

Filling

**2 cups young coconut meat (buco), in slivers**
**¾ cup sugar**
**½ cup coconut water**
**½ cup evaporated milk**
**⅓ cup cornstarch**

Blend ingredients together. Cook stirring continuously until thick. Pour in pastry lined pan. Top with second crust. Bake at 400°F. until brown. Serve cold.

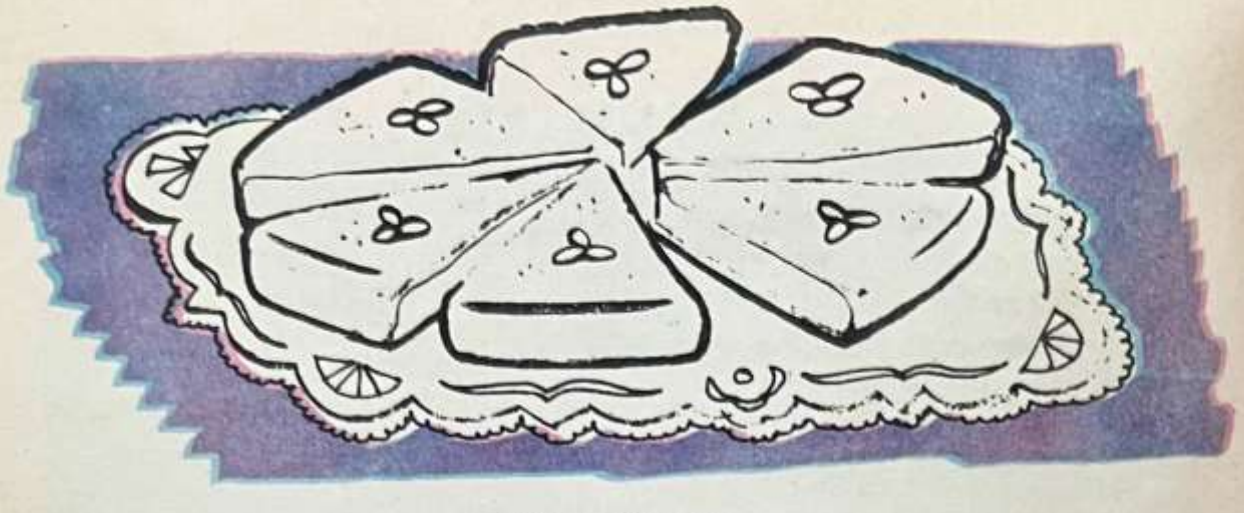
## BANANA CREAM PIE

Prepare pastry for an 8-inch pie. Prick pastry all over with fork and bake at 400°F. until golden brown. Set aside. Prepare filling.

## BANANA CREAM FILLING

**¼ cup sugar**
**3 tablespoons cornstarch**
**1½ cups milk, scalded**
**2 egg yolks slightly beaten**
**1 tablespoon butter**
**½ teaspoon, vanilla**
**2 ripe bananas (lacatan)**

Combine sugar and cornstarch. Gradually stir in milk. Cook over double boiler stirring constantly until mixture thickens. Remove from heat. Gradually stir half of the mixture into the egg yolks. Pour back in saucepan and blend. Cook until mixture coats spoon. Blend in butter and vanilla. Cool. Prepare meringue. Arrange layers of sliced bananas on pie shell and cover with cream filling. Pile meringue and bake at 400°F. 8-10 minutes or until brown. Chill and serve.



## PILI-NUT PIE

Prepare pastry for one-crust 8-inch pie. Prepare filling.

Filling

**2 tablespoons flour**
**¼ cup sugar**
**1 teaspoon salt**
**½ cup corn syrup**
**¼ cup melted butter**
**2 eggs**
**½ cup evaporated milk**
**1 cup pili nuts, broken**
**¾ teaspoon vanilla**

Combine flour, sugar and salt. Mix in syrup and melted butter. Beat in eggs with a fork and blend very well. Add milk, pili nuts and vanilla. Pour into an 8-inch pastry-lined pie pan. Bake at 375°F. for 50 minutes. Cool before serving.

## LEMON CHEESE PIE

### Crust

**1¼ cups graham crackers**
**2 tablespoons sugar**
**¼ cup butter, melted**

Crush graham crackers then sift. Measure into a bowl, add the sugar and blend well. Stir in melted butter. Press mixture firmly and evenly against bottom and sides of pan. Set aside. Prepare filling.

Filling

**2-8 oz. cream cheese**
**2 tablespoons butter**
**¾ cup sugar**
**1 egg**
**2 tablespoons flour**
**⅔ cup milk**
**¼ cup lemon juice**
**grated rind or 1 lemon**

Cream cheese and butter. Blend in flour and sugar and egg. Stir in milk. Stir in lemon juice and rind. Pour into prepared pie shell. Sprinkle top with cracker crumbs. Bake at 350°F. for 25 minutes. Serve chilled.

# WHITE KING FIG BUTTER CAKE

½ cup evaporated milk
¼ cup water
1 tablespoon calamansi juice or lemon juice
1 cup butter (½ lb.)
1 cup granulated sugar
4 egg yolks
2½ cups White King All Purpose Flour, sifted
1 teaspoon baking powder
1 teaspoon salt
1 cup figs, chopped; cooked in 1 cup water, then mashed
4 egg whites
½ cup granulated sugar

Preheat oven to 350°F. Combine milk, water and calamansi juice; let stand until milk coagulates. Cream butter, gradually add sugar and continue creaming until fluffy. Add egg yolks, one at a time, beating well after each addition. Sift White King All Purpose Flour, baking powder and baking soda. Add this mixture alternately with sour milk to egg yolk mixture. Mix well until batter is smooth. Blend in mashed figs. Set aside. Beat egg whites until soft peak stage. Gradually add remaining sugar and continue beating until stiff but not dry. Fold into batter-fig mixture. Blend well. Pour into greased 13 × 9-inch rectangular or a 10 × 4-inch tube pan or 29 × 9-inch square pan. Bake in a preheated oven for 35-40 minutes or until done. Cool and split cake. Fill out layer with Fig Butter Filling. Replace top and frost with Butter Icing. Sprinkle chopped praline or chopped cashew nuts on top.

Fig Butter Icing:

**1 cup butter**
**¾ cup granulated sugar**
**¾ cup evaporated milk**

Cream butter until soft and creamy. Pour sugar-milk mixture in thin streams, beating continuously until well blended and until of spreading consistency.

Fig Butter Filling:

To ¼ of the Butter Icing, add ⅔ cup chopped, cooked figs.

Praline:

**1 cup granulated sugar**
**¾ cup cashew nuts**
**2 tablespoons butter**

Caramelize sugar till golden brown and add cashew nuts. Add butter and blend well. Pour into buttered pan or cookie sheet and cool. Chop.

# FRENCH RYE BREAD

**1 tablespoon cold water**
**1 egg white**
**4¼ cups pre-sifted all-purpose flour**
**2 cups unsifted rye flour**
**1 tablespoon caraway seed**
**1 tablespoon margarine or butter**
**1 tablespoon salt**
**2 cups hot water**
**10 tablespoons fast-rising Dry Yeast**
**2 teaspoons sugar**
**½ cup lukewarm water**

Measure lukewarm water into a small bowl. Stir in 2 teaspoons sugar. Sprinkle yeast on top. Let stand for about 10 minutes, then stir well.

Meantime, measure hot water into a large bowl. Add caraway seeds, salt and margarine. Stir until margarine is melted. Let cool to lukewarm. Add dissolved yeast and rye flour. Beat until smooth. Add white flour and stir until well blended. Dough will be sticky. Place in a grease bowl, grease top. Cover. Let rise in a warm place, free from draft until doubled in bulk, about 30 minutes.

Turn dough out onto lightly floured board. Divide dough in half. Roll each half into a 12 × 10-inch rectangle. Beginning at 12-inch side, roll up tightly. Seal edges by pinching together. Taper ends by rolling gently back and forth. Place loaves on greased baking sheets that have been sprinkled with corn meal. Cover. Let rise as before about 30 minutes. Make 4 diagonal cuts with a sharp knife on top of each loaf.

Bake in a preheated hot oven (450 deg. F.) 25 minutes. Remove from oven and and brush with egg white mixed with cold water. Return to oven and bake 5 minutes longer. The bread will then have a nice shiny crust.

# WHOLE WHEAT BREAD

**2 cups milk**
**3 tablespoons granulated sugar**
**2 teaspoons salt**
**¼ cup shortening**
**½ cup lukewarm water**
**1 teaspoon granulated sugar**
**5 teaspoons fast-rising Dry Yeast**
**2 well-beaten eggs**
**7 cups (about) whole wheat flour**

Scald milk; stir in the 3 tablespoons sugar, salt and shortening. Cool to lukewarm.

Meantime, measure lukewarm water into a large bowl; stir in 1 teaspoon sugar. Sprinkle with yeast. Let stand 10 minutes, then stir well. Stir in lukewarm milk mixture, well-beaten eggs and 4 cups of the whole wheat flour. Beat until smooth. Work in sufficient additional whole wheat flour to make a soft dough—about 3 cups more. Turn out dough onto a floured board or canvas and knead until smooth and elastic. Place in greased bowl, grease top. Cover; let rise in a warm place, free from draft, until doubled in bulk—about 1 hour. Punch down dough. Turn out onto lightly-floured board or canvas and knead until smooth. Divide dough into 2 equal portions. Cover with a tea towel and let rest 10 minutes. Shape each portion of dough into a smooth loaf and place in a greased loaf pan. Grease tops and sprinkle lightly with whole wheat flour. Cover and let rise as before, about 45 minutes. Bake in a preheated moderately hot oven (375 deg. F.) and cover with a sheet of heavy brown paper or foil. Bake 15 minutes, then remove brown paper or foil and continue to bake until done, about 30 minutes longer.

## EMPANADITAS

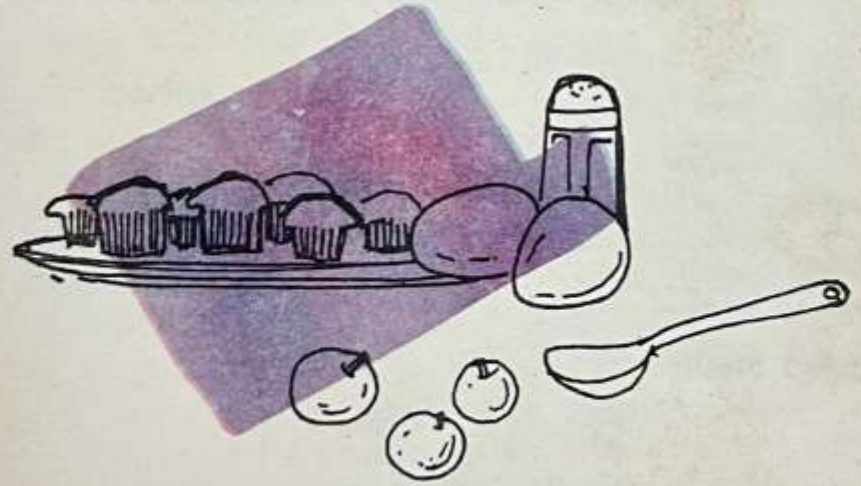
**½ cup milk**
**½ teaspoon calamansi or lemon juice or vinegar**
**1 egg yolk**
**½ cup butter or margarine**
**2 cups all-purpose flour, sifted**
**Pinch of salt**

Combine milk and juice. Let stand until milk is curdled. Cream margarine and egg yolk until light and fluffy. Sift flour and salt together. Stir alternately flour mixture and sour cream. Gather into a ball. Wrap in wax paper and chill for at least 1 hour. On a lightly floured board, roll out dough ⅛" thick and cut into 3" rounds. Put a teaspoon of filling on one half side of dough and fold in half moon shape. Dent edges with a fork. Bake empanaditas on a greased baking sheet at 350°F. 15-20 minutes or until brown.

Filling

**1 cup chopped pili nuts**
**¼ cup honey**
**¼ cup sugar**
**2 tablespoons butter**

Combine all ingredients in a saucepan and cook mixture until honey and sugar dissolve.



## RAISIN COOKIES

**1 cup margarine**
**3 cups rolled oats**
**¾ cup sifted flour**
**¼ cup milk**
**1½ teaspoons baking powder**
**½ teaspoon ground cloves**
**½ cup dried chopped raisins**
**½ teaspoon cinnamon**

Soften margarine in large mixing bowl. Blend in rolled oats and sugar. Add flour, baking powder, ground cloves and cinnamon. Stir in currants and milk, mix well. Shape into small balls about 1 inch in diameter. Place on greased baking sheets, about 3 inches apart, as they will fatten to make thin rich cookies. Bake in moderate oven (350 deg. F.) for about 12-15 minutes or until golden brown. Remove from baking sheets and cool.

## BUKO CREAM PIE

White King Pie Shell:

**1 cup White King All Purpose Flour**
**⅓ cup shortening**
**3-4 tablespoons cold water**
**½ teaspoon salt**

Preheat oven to 425°F. Sift White King All Purpose Flour and salt into a bowl. Add shortening and cut with a pastry blender or two dull knives until particles are pea-sized. Add water little by little and toss mixture with a fork just until flour is moistened. Gather dough together and roll out on a floured surface. Fit pastry into a 9-inch pie pan. Flute edges. Prick pastry with tines of fork. Bake for 18-20 minutes.

Buko Cream Filling:

**3 cups buko meat, cut in half-inch squares (4-5 young coconuts)**
**½ cup granulated sugar**
**½ cup evaporated milk**
**1 cup coconut water**
**¾ cup granulated sugar**
**⅔ cup White King All Purpose Flour**
**1 egg , slightly beaten.**
**1 teaspoon calamansi juice or lemon juice**

Preheat oven to 375°F. Combine buko and sugar in a saucepan. Cook until thick, about 20 minutes. Combine milk, coconut water ¾ cup sugar and White King All Purpose Flour in another saucepan. Cook over medium heat stirring constantly, about 20 minutes or until thickened. Stir a little mixture into beaten egg in a bowl, mix well. Pour back into saucepan. Add calamansi juice. Continue cooking with stirring for about 1 minute. Remove from heat and fold in the thickened buko. Pour into baked pie shell and bake for about 40-50 minutes or until firm. Chill and serve.

## ORANGE BLOSSOM ROLLS

**¾ cup milk**
**¼ cup margarine**
**2 teaspoons salt**
**½ cup honey**
**1 tablespoon orange peel**
**¾ cup lukewarm water**
**2 teaspoons sugar**
**¼ cup granulated sugar**
**10 tablespoons fast-rising Dry Yeast**
**½ cup orange juice**
**2 eggs, well-beaten**
**6½ cups (about) pre-sifted all-purpose flour**
**¼ cup melted butter**
**1 tablespoon orange peel**

Scald milk; stir in margarine, salt, honey, orange peel. Cool to lukewarm. Measure lukewarm water into a bowl. Stir in sugar. Sprinkle yeast on top, let stand 10 minutes, then stir well. Add lukewarm milk mixture, well-beaten eggs and 3 cups of flour. Beat until smooth. Add enough additional flour to make a soft dough, about 3½ cups. Turn out on a floured board and knead until smooth and elastic. Place in a greased bowl turn to grease top. Cover, let rise in a warm place free from draft, until double in bulk, about 1 hour.

Punch down dough, turn out on well-floured board. Shape dough into 24 smooth balls. Place in 3 8-inch round pans, or pie plates. Brush with melted butter. Combine sugar and grated orange peel. Sprinkle on rolls.

Cover; let rise as before until doubled, about 40 minutes. Bake in pre-heated moderate (350 deg. F.) oven for 25-30 minutes, or until done.

## RAISED CORN ROLLS

**½ cup yellow cornmeal**
**2 tablespoons sugar**
**1 teaspoon salt**
**2 tablespoons butter or margarine**
**½ cup boiling water**
**1 egg, beaten**
**½ cup lukewarm water**
**1 teaspoon sugar**
**5 teaspoons fast-rising Dry Yeast**
**2½ cups pre-sifted all-purpose flour**

Combine corn meal, sugar, salt, butter, and boiling water. Stir well. Let cool to lukewarm.

Meantime, measure ½ cup lukewarm water in a bowl. Stir in 1 teaspoon sugar. Sprinkle yeast on top. Let stand 10 minutes, then stir well. Stir in lukewarm corn meal mixture, egg and 2 cups of flour. Beat until smooth. Stir in enough additional flour (about ½ cup) floured board; knead until smooth and elastic, about 10 minutes. Place dough in greased bowl, turning once to grease top. Cover; let rise in warm place, free from draft, until doubled in bulk, about 1 hour.

Punch down dough. Turn out on lightly floured board. Divide dough in half. Cut each half into 9 equal pieces and shape each into a ball.

Place about 3 inches apart on greased baking sheet. Grease tops. Cover· let rise as before until doubled in bulk, about 30 minutes. Bake in preheated hot oven (400 deg. F.) about 15-20 minutes.

## BREAD CRUNCHIES

**1 small loaf bread**
**3 oz. soft butter**
**1 teaspoon salt**
**1 clove garlic, crushed**

Trim crusts from bread. Cut loaf in half lengthwise, then crosswise into 1½-inch slices.

Combine the butter, salt, and garlic. Spread butter over the cut surfaces. Bake in moderate oven (350°) for 20 minutes or until crisp and golden brown.

Test Kitchen Note:
Bake Tomatoes and Bread Crunchies can be cooked in the oven at the same time.
All spoon and cup measures are level.
An 8 fluid ounce measuring cup is used.

## STAR-BANANA MOCHA NUT CHIFFON CAKE

2½ cups White King Cake Flour, sifted
¾ cup granulated sugar
1 tablespoon baking powder
1 teaspoon salt
1 tablespoon instant coffee
4 tablespoons cocoa
⅔ cup ripe banana, mashed (lacatan)
¾ cup water
½ cup salad oil
7 egg yolks
2 teaspoons vanilla extract
1 cup egg whites
½ teaspoon cream of tartar
¾ cup granulated sugar
½ cup cashew nuts, finely chopped

Preheat oven to 325°F. Sift together White King Cake Flour, sugar, baking powder, salt, instant coffee, and cocoa into a bowl. Add bananas to water and blend well. Make a well in the center of flour mixture and add oil, egg yolks, banana-water mixture and vanilla. Beat until smooth. Beat egg whites with cream of tartar until soft peak stage. Add remaining sugar and continue beating until stiff but not dry. Fold the egg yolk mixture into the beaten egg whites gently until well blended. Add the finely chopped nuts and continue folding. Pour batter into 2 ungreased 9-inch layer pans. Bake in preheated oven for 30-35 minutes or until done. Invert pans and cool.

When cakes are thoroughly cooled, loosen from pan with spatula. Brush off crumbs. Place one layer, rounded top side down, on plate. Frost with icing or any desired filling, almost to edge. Then place top layer, flat side down on filling. Frost sides, working quickly. Hold spatula in vertical position, pulling from bottom to top. Pile remaining frosting on top of cake and use sweeping, spreading strokes for pretty swirls and ridges.

Cut cake into 6 wedge-shaped pieces. Arrange the pieces on a cake plate, with the pointed sides facing outwards, thus forming a star with a hole in the center. Fill in the hole with scoops of ice cream.

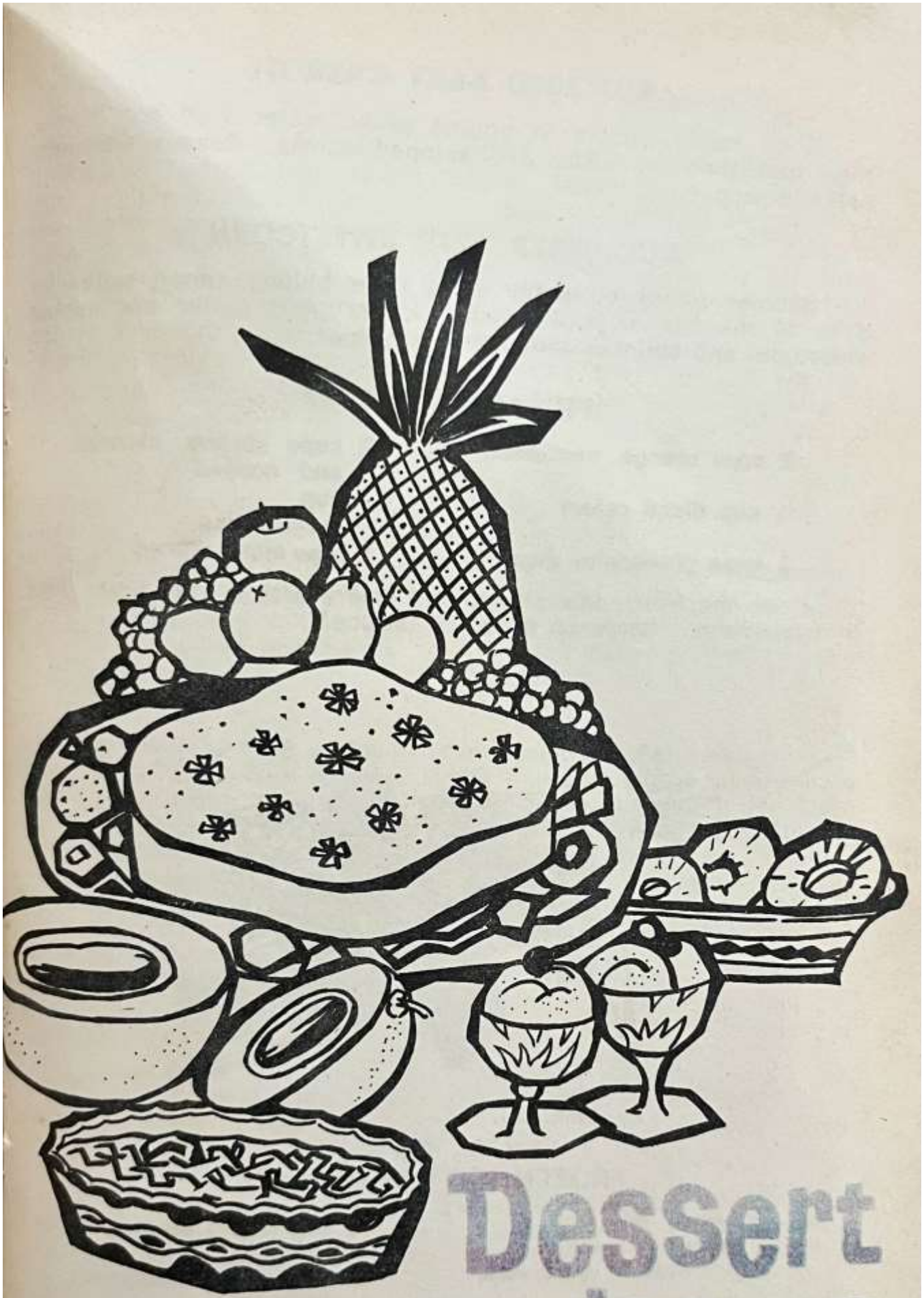
For a tube cake:

Pour batter into an ungreased 10 × 4-inch tube pan and bake in preheated oven for 55 minutes or until brown. Invert pan and cool.

Boiled Icing:

**1½ cups granulated sugar**
**⅓ cup water**
**2 tablespoons corn syrup**
**4 egg whites**
**¼ teaspoon cream of tartar**

Combine sugar, water, corn syrup in a saucepan and boil for 5 minutes. Meanwhile, beat egg whites with cream of tartar until soft peak stage. Pour syrup gradually to beaten egg whites. Beat until very stiff. Color as desired.



# Dessert Items

## BUTTERED BABY CARROTS

Cook young carrots in boiling salted water until just tender, then toss them in butter and snipped chives. Season well with salt and pepper.

## CUCUMBER WITH SWEETCORN

Simmer sliced cucumber in a little boiling salted water for 5 to 10 minutes or until tender. Drain. Add butter and cooked sweetcorn and sprinkle with salt and pepper.

## PINEAPPLE CLOVER

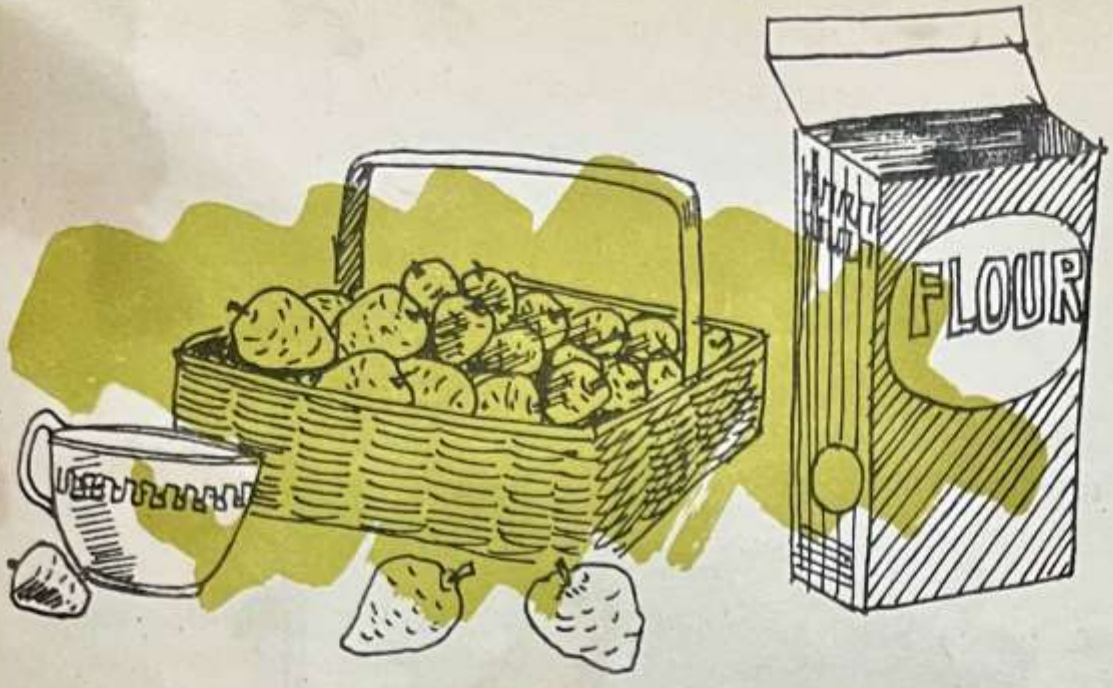
**2 cups orange, sectioned**
**1 cup diced celery**
**2 cups pineapple, diced**
**2 cups shrimp, cleaned and cooked**
**1 cup mayonnaise**
**2 cups apple, diced**

Drain the fruit. Mix shrimp and celery with the fruit. Fold in mayonnaise. Serve on a bed of lettuce.

## FROZEN ICE CREAM ROLL

**1 bakers' jelly roll (about 6" long)**
**1 pint vanilla ice cream**
**½ cup heavy cream, whipped**
**2 tablespoons chopped walnuts**

Unroll jelly roll. Spread with slightly softened ice cream. Reroll cake. Top with whipped cream and sprinkle with walnuts. Slice and serve immediately. Or: Place cake in freezing compartment. Just before serving spread with whipped cream. (Makes 4-6 servings).




## STRAWBERRY-MINT TART

**3-5 tablespoons cold water**
**⅔ cup shortening**
**1 tablespoon salt**
**2 cup sifted enriched flour**
**2 cups fresh or frozen strawberries**
**¼ cup granulated sugar**
**Mint flavor or mint leaves**

Sift together flour and salt. Cut or rub in shortening until mixture is crumbly. Turn flour on lightly floured board or pastry cloth and press dough together. Divide dough in half. Roll out each half to ⅛-inch thickness. Cut into circles to fit 4-inch tart pans. Trim and flute edges. Prick pastry all over with a fork. Bake in very hot oven (450 deg. f.) for about 10 minutes or until lightly brown. Cool. Fill with custard filling. Dip strawberries in sugar, and place on top of custard. Makes 8 tarts. If self-rising flour is used, omit salt.

Custard Filling:

**1 cup sugar**
**½ cup enriched flour**
**1 tablespoon salt**
**2 eggs, beaten**
**2 tablespoons butter or margarine**
**1 tablespoon vanilla**

Scald milk on top of double boiler over direct heat. Combine sugar, flour and salt. Add to milk, stirring well. Place over hot water and cook, stirring occasionally for 10 minutes. Mixture should be moderately thick. Slowly pour a little of hot mixture into eggs, mixing well. Return egg mixture to remaining milk mixture. Cook over hot water, stirring constantly, until mixture begins to thicken. Stir in butter or margarine and vanilla extract. Cool. Fill pastry shells.

## BANANA MOUSSE

- 1½ cups heavy cream
- 1 teaspoon vanilla extract
- 2 large ripe bungulan bananas
- 2 egg yolks
- ¼ cup water
- 1 tablespoon plain gelatin
- 1 cup evaporated milk
- 2½ tablespoons white sugar

Add the sugar to the evaporated milk and heat in a double boiler, but do not allow to boil. Soak the gelatin in the water. Beat the egg yolks well and slowly add a bit of the hot milk to them, beating constantly while adding it. Add the egg mixture to the hot milk in the double boiler, keep stirring and cook until thickened. Remove from the fire and add the soaked gelatin and stir until the gelatin is dissolved and melted. Cool, stirring occasionally. When mixture is cool, peel and mash the bananas in a glass of stainless bowl or in a dish. Use a stainless or silver fork for this to prevent discoloration. Add a teaspoon of vanilla extract and the cooled custard mixture to the mashed bananas. Beat the cream until it is stiff and fold it into the custard-banana mixture. Place in a one-quart mold and refrigerate for 6 hours or more. One hour before serving, place the mousse in the freezer section. Don't leave it longer than that, as you don't want to freeze the mousse through. Turn out the mousse and serve.

## MACAROON SWIRLS

**¼ cup melted butter**
**½ cup flaked coconut**
**½ cup brown sugar**
**¼ cup maple syrup**
**1½ cups once-sifted all-purpose flour**
**4 teaspoons baking powder**
**2 tablespoons sugar**
**½ teaspoon salt**
**¼ cup shortening**
**½ cup milk**
**¼ cup sugar**
**1 teaspoon cinnamon**
**2 tablespoons melted butter**

Preheat oven to 400 deg F. Grease a 9-inch round cake pan. Mix together the melted butter, coconut, brown sugar and maple syrup. Spread in bottom of prepared pan. Sift together the flour, baking powder, sugar and salt. Cut in shortening. Add milk, enough to make a soft dough.

Turn out onto a lightly floured board and knead 10 seconds. Roll out to a 9 × 12-inch rectangle. Spread with a mixture of sugar, cinnamon and 2 tablespoons of melted butter. Roll up jelly roll fashion and cut into 12 pieces.

Place cut side up in prepared pan. Bake 20 to 25 minutes or until done.

## DAYAP MOUSSE

**2 cups heavy cream**
**1 cup evaporated milk**
**1 cup water**
**1½ cups white sugar**
**5 large juicy dayap**

Grate the rind from 3 dayap and place the grated rind in a small sieve. Grate the rind from the remaining 2 dayap and wrap the rind in wax paper or foil and place in refrigerator for later use. Squeeze the juice from all 5 dayap, pour it through the sieve with the grated rind in it, add the sugar and stir well. Slowly add the water and the evaporated milk while stirring constantly. Beat the cream until just stiff and fold into the milklime-sugar mixture. Place in refrigerator trays and turn refrigerator to coldest point and allow to freeze for ¾ to 1 hour. Remove from freezer, beat slightly and return to refrigerator for another 2 hours. Turn refrigerator down to normal and when ready to serve, place in a well-chilled bowl and sprinkle with the remaining grated limes from 2 dayap. Serve with plain unfrosted angel food cake.

## KAMYAS PRESERVE

Use fresh kamyas. Prick with a pin and slightly press the fruit by rolling with the palms of the hand. Continue rolling the kamyas until all acid juice is completely removed. Rinse in cold water and boil. Use copper kettle. Squeeze the meat. To 2 parts of sugar add ½ cup water and boil in a copper kettle. Add the kamyas and boil until thick. Let stand overnight and cook again until thick. Pack in jars and sterilized for 25 minutes. Then seal the jars tightly.

## KAMOTE PRESERVE

Select various colors of newly-dug kamotes. Scrape the soil with a vegetable brush. Peel thinly. Do not include kamote attacked by worms. Cut the kamotes into pieces one inch thick. With a sharp-pointed paring knife, make petals out of the camote to form a rose design. Soak in weak lime water solution overnight. Next day, rinse very well in water. Pour hot water.

Prepare 2 cups sugar and 2 cups water. When nearly thick, add the camote. Cook until done. Leave in the same syrup overnight. Next day, boil again. Pack attractively in a quart jar. Strain syrup. Remove air bubbles using the spatula. Seal partially and process in water bath for 10 minutes (Or 5 pounds, 10 minutes in pressure cooker). When done, seal completely.

## FRUITS PLAY GELATIN

**½ cup refined sugar**
**Sugar**
**½ cup chopped cashew nuts**
**1 cup sliced pineapple**
**1 cup sliced banana (lakatan)**
**1 cup diced apple**
**1 cup milk**
**3 bars white "gulaman"**

Cut the fruit into cubes. Dissolve "gulaman" in warm water. Remove from fire. Add milk and sugar. Pour into mold and chill until firm.

## MANGO ICE CREAM

**½ cup sugar**
**1 large ripe mango, scraped**
**3 egg yolks, beaten**
**1 pint milk**
**1 egg white**
**½ teaspoon vanilla**

Beat egg yolk and white together with sugar. Scald milk; pour over beaten egg. Blend well.

Put over low fire, stirring constantly for 10 minutes. Let cool. Add scraped mango and vanilla. Freeze.

## MANGO MOUSSE

**¼ cup water**
**1 tablespoon plain gelatin**
**¾ cup sugar**
**Ripe mangoes**
**2 tablespoons lemon or dayap juice**
**2 cups whipping cream**

Mash and press through a fine sieve fresh mangoes to produce 2 cups of puree. Soak the gelatin in the water for 5 minutes, then stir over hot water until the gelatin is dissolved. Add the gelatin, lemon juice and sugar to the puree and chill thoroughly. Whip the cream and fold it into the chilled mixture. Freeze without stirring. Serve.

## PINEAPPLE RUM MOUSSE

Peel a large ripe pineapple and slice half of it into ½-inch slices. Place the slices in a flat-bottomed casserole dish and sprinkle them with ¼ cup sugar and 2 tablespoons rum. Refrigerate for later use. Dice the remaining half of the pineapple very finely, add sugar to taste and 2 tablespoons of rum. Fold the fruit mixture into 4 cups of heavy cream that has been whipped until stiff. Freeze without stirring. Serve with the marinated pineapple slices as a garnish.

## PURE PINEAPPLE JAM

**12 cups fresh pineapple, chopped fine**

**6 cups sugar**

**6 tablespoons calamansi juice**

**Rind of calamansi, sliced into very narrow strips.**

Mix sugar and pineapple; let stand overnight. Add calamansi juice and rind. Simmer for two hours, stirring occasionally to prevent sticking. Pour while hot into sterilized jars and seal tightly if you intend to keep jam for sometime. A covered container will do if the jam is to be served right away.

## BUKO AND NANKA PRESERVE

Select the coconut that is soft or "malakanin." Grate with makapuno grater. Cut nanka into strips and pour boiling water.

Boil 2 cups sugar and 1 cup water, and add the nanka, then buko. Cook for another 5 minutes. Remove from fire and pack in jars. Process in water bath for 30 minutes. Seal completely. This preserve may be used for ice cream preparation.

## PAPAYA PRESERVE

Select a newly picked, fresh papaya. Wash it and cut lengthwise. Remove the seeds. With a potato ball cutter, scoop the papaya very well. Drop in lime water and let it stay overnight. Next day rinse in cold water. Pour boiling water.

Prepare 4 cups sugar and 2 cups water. Stir until sugar melts. Add about 1 tablespoon red food coloring. Boil the mixture. When nearly thick, add the papaya balls. Continue cooking until the syrup is thick. Remove from fire and add another spoonful of red coloring. Soak overnight in the same syrup. The next day, boil again until thick. Pack the balls in 1 pint jar. Pour another clear thick syrup and seal partially. Process in water bath for 10 minutes. Use this preserve to decorate fruit salad and upside-down cake.

## SANTOL PRESERVE

**15 regular-size santols** **1 cup water**
**2 cups sugar**

Select big and thick-skinned santol, if possible, sweet. Blanch the santol until soft. When done, place in a pan of cold water. With a sharp stainless paring knife, pare skin thinly. Put in a bowl with rice washing. When all done, cut a small portion at the bottom of the santol and remove the seeds with care. Make designs on the santol. When done, soak overnight in rice washing. Next day clean very well in water. Then pour boiling water. Drain very well until dry. Insert 1 santol in the decorated santol. Pack attractively in the preserving jar.

Prepare thick syrup out of the sugar and water. When done, pour in the prepared santol. Expel all air bubbles with a spatula. Fill jar with syrup. Seal jar partially and process in water bath for 30 minutes (or 5 pounds, 10 minutes in pressure cooker.) When done, remove from the processer and seal tightly.

## MANGO PRESERVE

**5 regular-size ripe mangoes**

**½ cup water**
**1 cup sugar**

Select mangoes that are mature and fully ripe. Prepare syrup out of water and sugar. When thick, lower the heat and let it boil until the mangoes are ready. Peel mangoes with a stainless knife. Scoop with a silver spoon. Arrange attractively in alternate layers in a clean preserving jar. Pour the hot syrup. With a spatula expel all the air bubbles. Fill jar with syrup. Seal partially and process in water bath for 25 minutes (or 5 pounds, 10 minutes in a pressure cooker). When the required time is reached, remove from the processer and seal tightly.

## DAYAP PRESERVE

Use fresh and immature dayap only. With a sharp knife make a narrow cut about 2 millimeters apart, running spirally around the fruit. Remove the pulp from the inside without altering the shape of the fruit. Boil in a copper kettle containing water and some lime juice until the green color is preserved. Soak overnight in cold water in another container. Then boil once more in water and drain. Make syrup by boiling 1 cup of sugar and 1 cup water. Add the dayap and boil it until thick. Pack in jars. Seal partially and process in water bath for 20 minutes.

## KUNDOL PRESERVE

Peel the fruit and open. Remove the seeds and cut into fancy shapes. Soak overnight in lime water. Next day wash very well and soak again in water. Boil plenty of water and drop in the sliced kundol. . Drain in a colander. Place the kundol in copper kettle and add 1 kilo sugar. Boil until syrup is thick. Soak overnight in the syrup. Next day boil again and pack in jars. Expel air bubbles. Cover and seal partially. Process in water bath for 10 minutes. Seal completely.

## JACKFRUIT PRESERVE

Select big segments of fresh, ripe jackfruit. Open the fruit and separate the segments. Remove the seeds from the segments. Blanch in boiling water and then put in cold water. Drain until dry. Pack in jars.

Prepare syrup. For every 3 cups sugar, add one cup water. Boil until thick. Pour in packing jars. Expel air bubbles with a spatula. Pour more syrup. Seal partially and process in water bath for 30 minutes (or 10 pound, 5 minutes in the pressure cooker).

## MAKAPUNO PRESERVE

**1 makapuno** **1 kilo sugar**

Grate the makapuno. To every cup of makapuno, add 2 cups sugar and ½ cup water. Boil until thick and makapuno becomes clear in appearance. Pack in jars and seal partially. Process in water bath for 30 minutes. Seal tightly.

## TAMARIND AND PAPAYA JELLY

Cover 4 cups peeled ripe tamarinds with enough water to cover. Soak overnight. Drain the juice and set aside.

Boil the sliced green papaya in enough water to cover. Mash papaya slightly while cooking. After about 30 minutes boiling, strain in a jelly bag. Allow to drip. Set juice aside.

**1 cup tamarind juice**
**1 cup papaya juice**
**1½ cups sugar**

Mix all ingredients together and cook the mixture until the jellying point is reached. Transfer to a clean jar and seal completely.

## GUAVA JELLY

**5 kalamansi**
**1 kilo sugar**
**25 to 30 ripe guavas**

Wash the guavas. Cut into thin slices. Place in a kettle and pour water just enough to cover the guavas. Boil until guavas are soft. Put in a jelly bag with the kalamansi juice. Hang overnight. Do not squeeze the bag. Next day, for every cup of the juice, add 1 cup sugar. Boil, skim and use test for jelly. When done transfer to a clean jelly jar. Remove bubbles and cover. Next day cover with paraffin.

## STRAWBERRY PRESERVE

**1½ kilos strawberries** **6 cups sugar**

Use firm, deep red berries. Wash, hull and weigh. Place in layers with sugar in large kettle and boil, stirring carefully to avoid crushing. Boil rapidly until clear. Pour into clear, hot jars and seal.

## APPLE JELLY

Do not peel or remove the pits from the apples. Cut into quarters, and boil in enough water to cover them. Strain, and boil the juice with an equal amout of sugar and the rind of an orange or a lemon.

Usually, apple jelly is used to make sweets or to help set jellies or jams made with fruit which is not gelatinous. The fruit itself is then used in a marmalade.

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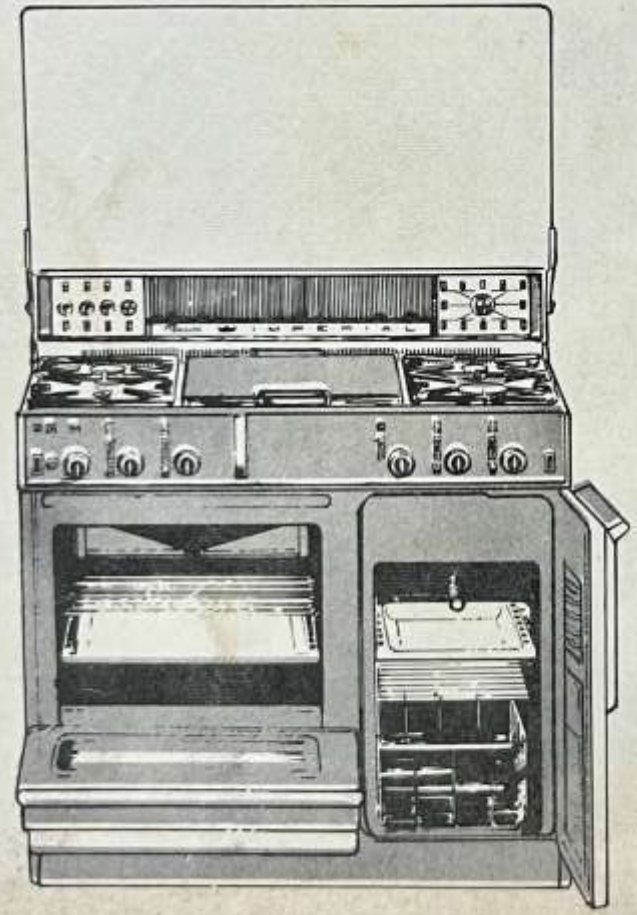

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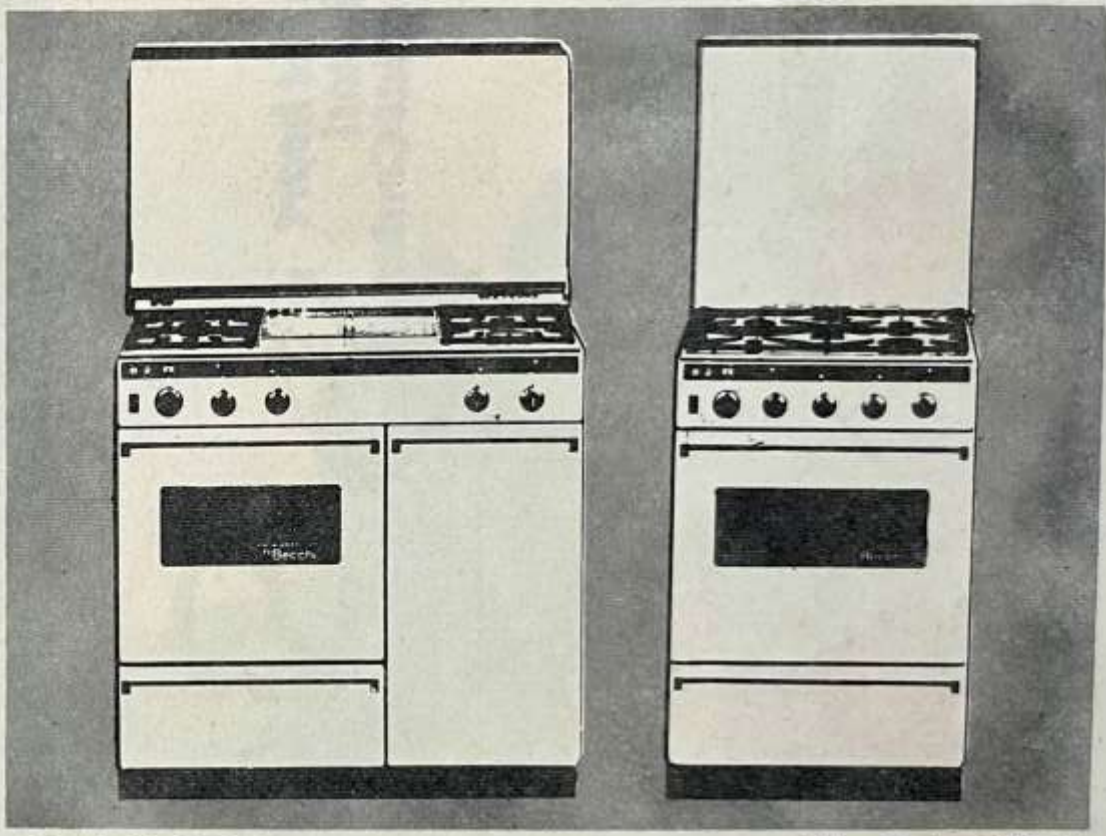

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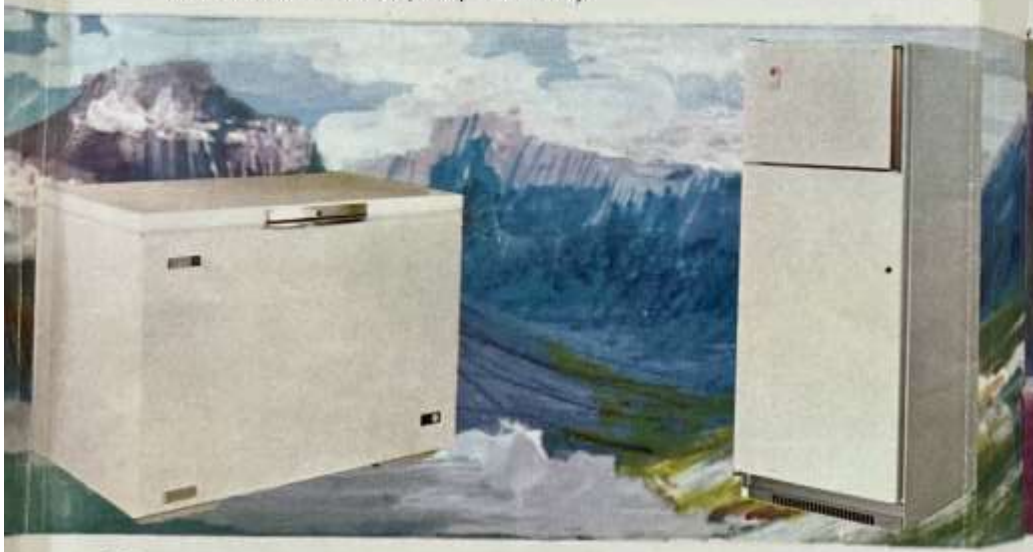

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# A Roundup of Refrigerator Hints

**What to remember when freezing.** Improper packaging often results in the "drying out" of food. Freezing will retain the original flavor, color, and vitamin content of food only if it is properly packaged. The use of good wrapping materials such as aluminum foil and plastic bags are highly recommended.

**When to defrost.** When frost has accumulated to 1/4 inch thick, it is time to defrost. Excessive frost interferes with the proper functioning of the freezer.

**How to thaw without spoiling the food.** Transfer the food item you want to thaw from the freezer section to the refrigerator shelf of your Westinghouse refrigerator. Avoid thawing at room temperature at which bacteria easily spoil stored food.

**How to keep your refrigerator fresh and clean.** After defrosting wash refrigerator interior with a solution of 2 tablespoons baking soda to one quart warm water or with mild sudsy water. Avoid use of strong detergents like cleanser and laundry soap since these may cause the plastic parts to crack. Wash removable parts with warm, sudsy water. Rinse and dry thoroughly.

**Important warning.** When there is a power failure that lasts for 5 hours, close the damper of your refrigerator and keep refrigerator closed. If power failure persists for more than 5 hours, either fill the available food space with dry ice or empty refrigerator to avoid unpleasant odor from accumulating in the cabinet.

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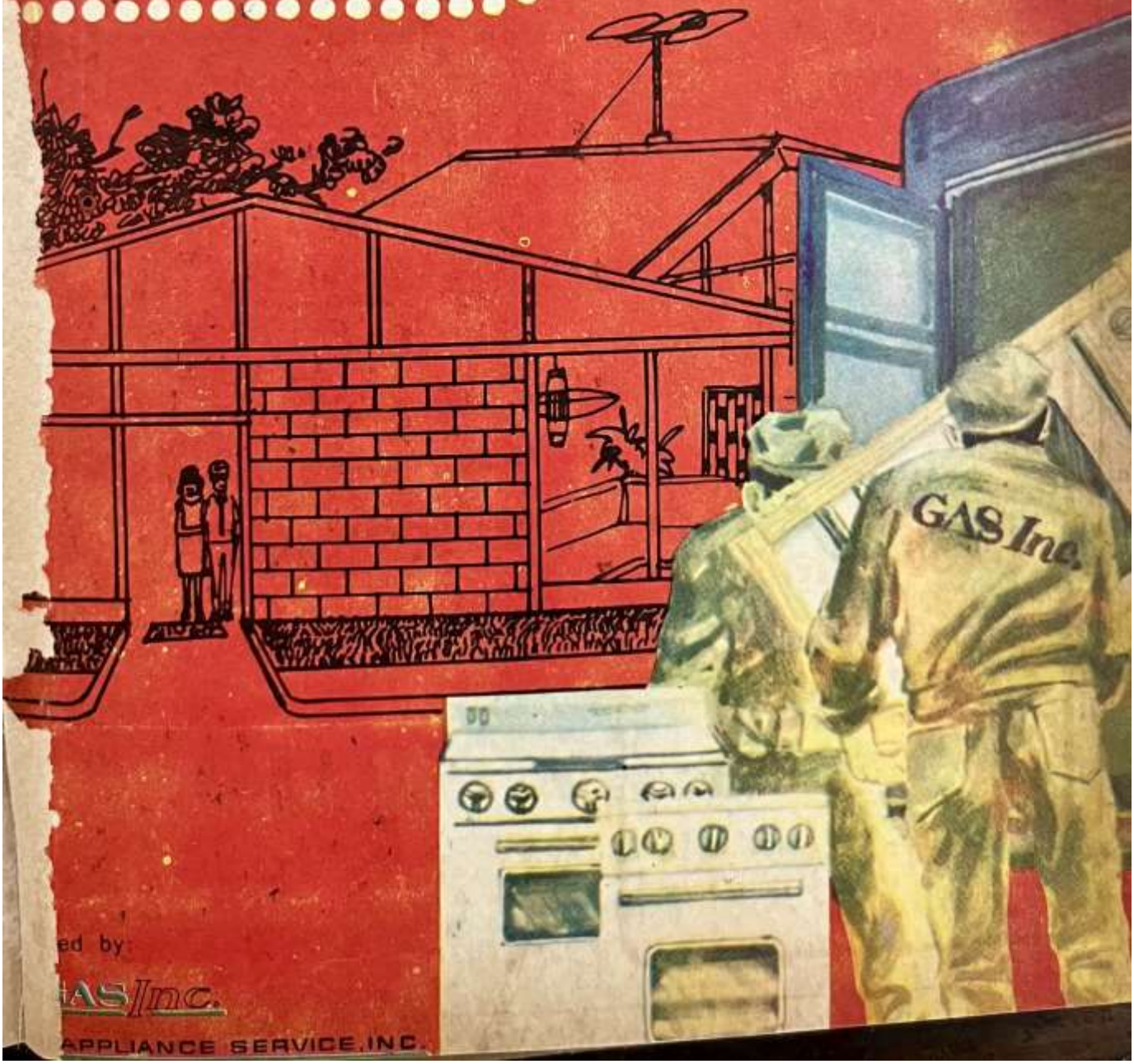


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